POSTER INSIDE!

Lucy nude!

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Nuts

BRITAIN'S BIGGEST SELLING MEN'S WEEKLY!

+ New Sophie Reade pics!

'My sexiest ever pics!'

SHE'S ONLY IN Nuts!

CRIPES!

Lucy naked!

Your favourite hottie bares her botty!

New 200mph Lambo!

+ Darren Bent! Dan Hardy! Wiley!

41

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THIS WEEK

15–21 OCTOBER 2010

Nuts NEWS

4 Liverpool leaving party
6 Sophie Reade calendar
8 *Red Dead* zombies!
12 Lightest-ever Lambo
15 Cleveland Brown
17 Man-eating shark
18 Base-jumping lunatics
20 F-22 Raptor
22 *Nuts* chats to Wiley
27 Padded pants test!

Cleveland Brown p15

Nuts FEATURES

42 Francoise Boufhal
46 UFC's Dan Hardy and Mike Bisping
50 Lucy Pinder naked!
60 Celebs caught short!

Francoise Boufhal p42

Nuts SPORT

62 Darren Bent
64 Kammy's column!
66 Ray Houghton on how to save Liverpool!
69 Nuts About Sport
73 Quote Me On That!

Liverpool p66

Nuts REAL GIRLS

74 Bedroom Babes
77 Our Postbag
78 Real Girls, Real Places
81 Ladies Confess

Misha p74

PLUS!

10 Rude News
24 Lip-Reader
29 Don't Look!
31 Gear
32 Letters
34 Jokes
36 Pop Out In Public
39 The Truth About Sex
41 Camera Phone Comedy
70 Ring Of Truth
82 Fashion
84 Reviews
86 TV Guide
106 Pub Ammo

GIRLS!
Lucy Pinder p50

PHOTOS: ZOE MCCONNELL, MARK EILBECK, NIGEL CRANE, IMM, PA PHOTOS, COLORSPORT COVER: GETTY, JOSH BASKIN

IN Nuts!

Lucy nude!
Nuts
+ Sophie Reade pics!

CARS!

Lamborghini Gallardo p12

STARS!

Bisping & Hardy p46

FOOTY!

Darren Bent p62

IN THE Nuts OFFICE!

Dan Hardy trembles in the presence of *Nuts* man

Kelly Andrews drops by

Nuts' Liverpool leaving party!

Gillett and Hicks get a Scouse send-off!

We love a good shindig at *Nuts*, so when we heard that Liverpool owners Tom Hicks and George Gillett were to leave the club, it made sense to throw the mother of all leaving parties!

So, complete with lovely *Nuts* ladies and a barrel-load of party paraphernalia, we descended on Anfield to join the locals in marking the end of an era. Sob!

Funnily, there was a queue around the block to sign H&G's leaving card. Good riddance!

WORDS: NICK WATKINS PHOTOS: JIM LINCOLN/NI SYNDICATION

Sun Sport

Gillett and Hicks had one final chance to walk away with their heads held high. Now they leave HUMILIATED

KEN CAN'T TAKE OVER

FERGIE HAS KILLER DIG

ANFIELD
Standard Chartered
PAISLEY
Nuts
GRAB YOURS... EVERY WEEK

PARTY TIME!

Bye-bye Yanks!

Messages from Anfield

SIGNED!
THANKS YANKS (FOR NOTHING!)
THE KOP
LIVERPOOL
DELIVERED!
GOODBYE
YOU'RE LEAVING!
THANKS FOR NOTHING!
LIVERPOOL FC
YOU'LL NEVER WALK ALONE

"Oh. Can't I sign something else, girls?

Crouchy had left behind his garden gates

"When United go down, then we'll really party!"

JOHN, 37, EVERTON
"That goodbye card is brilliant! Gillett and Hicks have definitely ruined Liverpool but I want them to stay because I'm an Everton fan! It's a good idea to have a celebration because the new owners are American as well, so hopefully they won't do much better!"

JON, 34, ANFIELD
"Having a party is a great idea. We need to get these Yanks out of here! You can't blame them for everything though – the players aren't doing it on the pitch either. The way some of them have been playing is disgraceful. It's ruining the club!"

JAY, 30, STANLEY PARK
"I'm definitely celebrating the new takeover. Hicks and Gillett aren't helping this club so I'll be signing your goodbye card! I've got to work for my living, the players get paid crazy money and they aren't performing – they need to shape up as well!"

ANDY, 32, NOTTINGHAM
"If getting the owners out means we're having a party then let's get rid of them! OK, I'm a Nottingham Forest fan but it's a shame what's happened to Liverpool. Maybe this party will get the fans in a better mood!"

Nuts EXCLUSIVE!

Sophie Reade's sexy new calendar!

A saucy helping of Sophie *every* blimmin' day? Heavenly!

Two weeks ago, we brought you exclusive shots of loads of our babes' super-sexy 2011 calendars, but there was one missing – because it was still being made!

Step forward *Big Brother 10* winner and all-round booby legend Sophie Reade, who told us, "If you like my *Nuts* photo shoots, then you'll definitely love my new 2011 calendar as I'm hotter, ruder and sexier than ever before. It lets you get a piece of me every day of the year!"

We know one thing for sure, and we hope you agree – it was well worth the wait!

Buy Sophie's 2011 calendar online from: www.redhotglamourgirls.co.uk/sophiereade

WORDS: FRANK TENNYSON PHOTOS: JOSH BASKIN

Sophie Reade

BIG BROTHER BABE!

CHEEKY POSE!

Nuts EXCLUSIVE!

Red Dead Zombies First Play!

The undead are coming to *Red Dead*!

WORDS: RORY BUCKERIDGE

A plague has infected the world of *Red Dead Redemption* and turned the cowboys into the undead! Ordinarily, this would be a problem, but you're bad-ass outlaw John Marsten, and there's no problem that can't be solved with a six-gun and some stubble.

We've got hands-on with the zombie-filled *Undead Nightmare* download pack, and it's utterly inspired. A mix of all-new missions, plus awesome new co-op multiplay, it could be the best £8 you spend this year. When's it out? We don't know! But trust us, it'll be very soon.

ALL-NEW MISSIONS!
You have to clear graveyards of the infected, eradicate ranches of attacking hordes and escort uninfected civilians to safe houses like Fort Mercer.

...VER & PRESTON EXPRESS
PASSENGER & FREIGHT

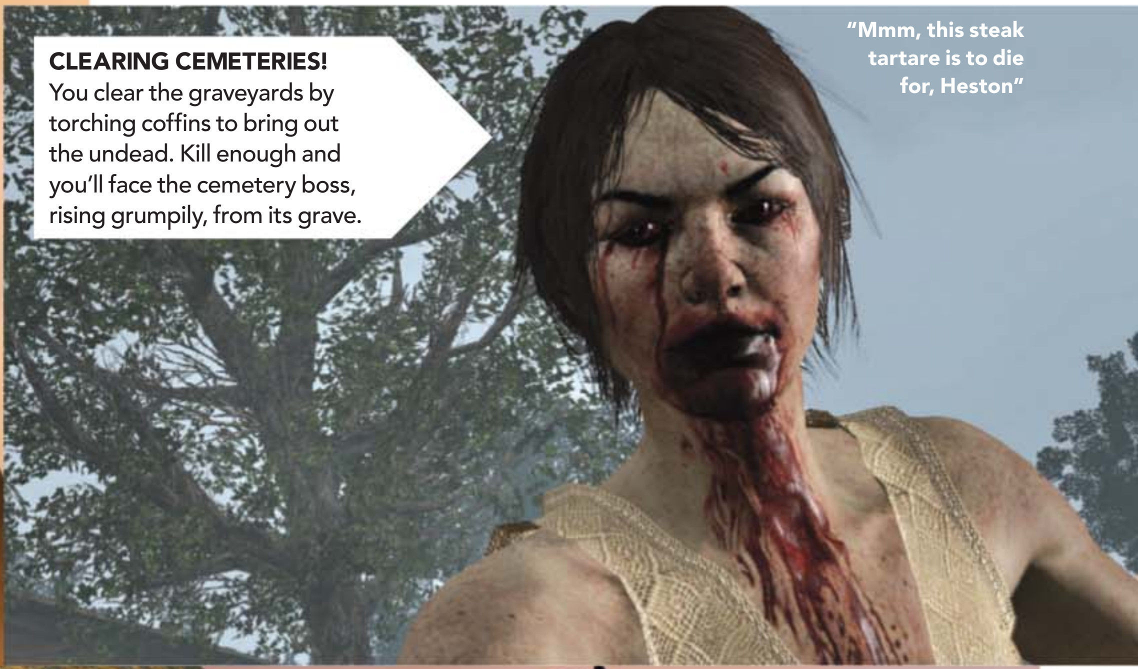
NEW WEAPONS!
Now you tote a blunderbuss with cannon-like firepower, holy water and "boom bait" – meat stuffed with dynamite to entice zombies, then soup 'em!

"Stay there, fatty – I'm having all the crisps in this town"

"This way to the Commonwealth Games rowing"

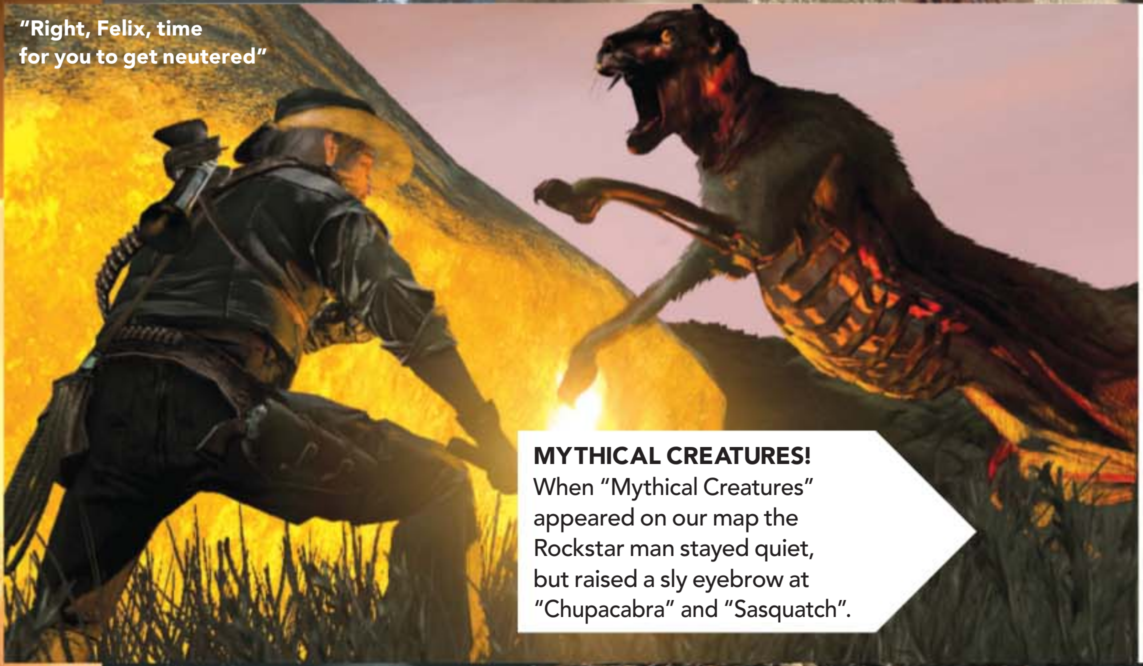
NEW ENEMIES!
The infected come as standard zombies, fast "Bolters" who bowl at you on all fours, and "Bruisers" – barrel-chested varmints who knock you over.

Indy regretted his trip to Doncaster



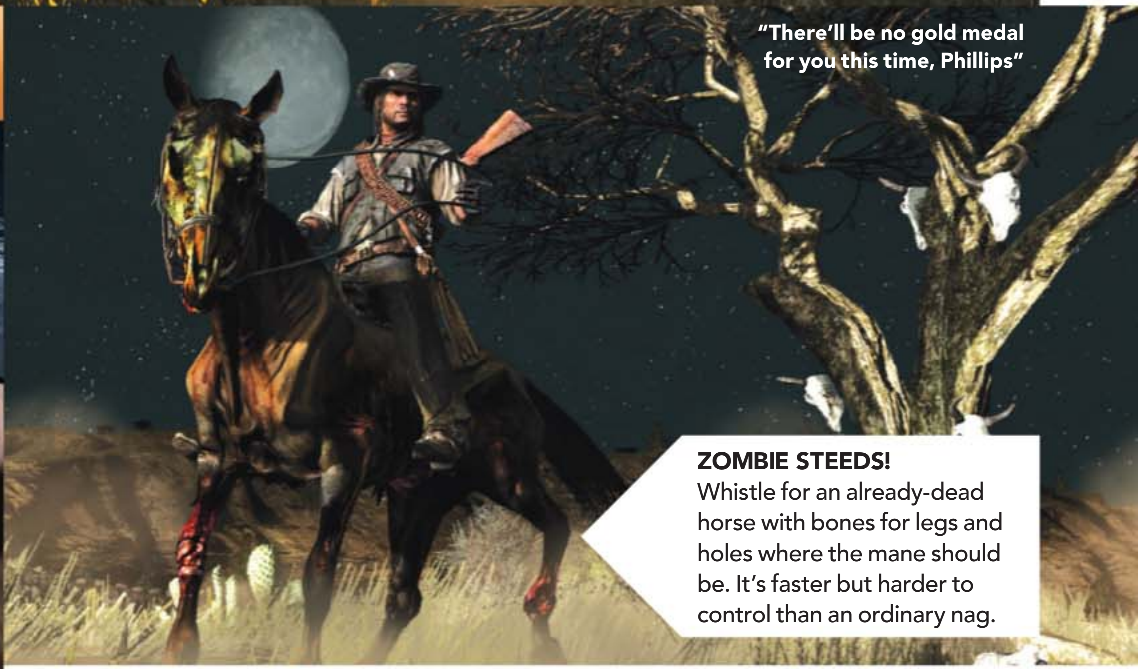
CLEARING CEMETERIES!
You clear the graveyards by torching coffins to bring out the undead. Kill enough and you'll face the cemetery boss, rising grumpily, from its grave.

"Mmm, this steak tartare is to die for, Heston"



"Right, Felix, time for you to get neutered"

MYTHICAL CREATURES!
When "Mythical Creatures" appeared on our map the Rockstar man stayed quiet, but raised a sly eyebrow at "Chupacabra" and "Sasquatch".



"There'll be no gold medal for you this time, Phillips"

ZOMBIE STEEDS!
Whistle for an already-dead horse with bones for legs and holes where the mane should be. It's faster but harder to control than an ordinary nag.

Sam Rowley

In *Seven Days*

In the first episode of the reality show, Sam dressed as a saucy French maid. Now she's in just a bra, with a glass of wine in one hand and a gun in the other! Reminds us of our missus!

Kara Tointon

Photo shoot, Marbella

Splashing about on sandy beaches is hardly good practise for *Strictly Come Dancing*, but look on the bright side – it could have been Ann Widdecombe all damp in a see-through shirt!

RUDE NEWS

The ladies foxtrotting into our hearts this week

Adriana Lima

Lingerie photo shoot

Now here's something we'd like to get our hands on! Worth £1.5m and wonderfully tactile, it is, of course, Victoria's Secret's Fantasy Bra. So is it weird that all we want to do is take it off?

Gemma Merna

On her hols, the Caribbean

As much as we love good old Blighty, the chances of Gemma sauntering past in a tight two-piece are relatively slim. That, and the fact that we're actually on the fourth floor!

WORDS: NICK WATKINS PHOTOS: ANGUS YOUNG, ANDREW HOBBS, INFPHOTO.COM, TNI PRESS, SPLASHNEWS.COM, IMM

Danielle Lloyd

Photo shoot, London

After a few months off the radar, Dani returns with a scorching shoot, possibly inspired by the Commonwealth Games gymnastics. With a textbook clothing dismount, to boot!

Porchia Watson

Photo shoot, Spain

Our Porchia is making ITV2 watchable (in itself no mean feat) on reality show *The Only Way Is Essex*. They considered *The Only Way Is Norfolk* but it didn't seem so compelling.

Nuts news flash!

Sophie Howard on *The X Factor* live shows!

"I'm excited the live shows have begun. I'm horrible, so shows where people's dreams are ruined are my favourite!"

WORDS: JONNY SMITH

Lightest-ever Lambo!

Car diet produces 200mph Gallardo!

- **The Lamborghini Gallardo LP 570-4 Blancpain edition sees the Italian marque join forces with Blancpain, a fancy Swiss watchmaker.**
- The edition is based on the Superleggera, with a few bits from the race car tacked on – including a monster rear spoiler and an engine cover designed to optimise airflow.
- **Its 5.2-litre V10 engine allows the car to accelerate from 0-62mph in 3.4 seconds and hit a top speed of 199mph.**
- Traction from the all-wheel drive ensures perfect stability in every situation.
- **With carbon fibre components, this is the lightest road-going model in Lamborghini's range, weighing in at 1,340kg.**
- The car's performance is enhanced thanks to a better power-to-weight ratio which means that CO2 emissions are also lower.
- **The Blancpain is fitted with ceramic brakes as standard, plus Skorpius wheels, yellow brake calipers and matte black paint with yellow accents.**
- Expect to pay £150,000 for this beauty.

"Taxi for Abramovich!"

"Yeah, it's made from Darth Vader's helmet"

"Wow! Love the 'traffic warden's uniform' theme"

ALL BLACK!

"Yes, sir, we also sell it as a half"

0-62 IN 3.4 SECS!

We checked our fan numbers on 16/09/2010

Velvetybubblechunk!

adj; [vel-va-tee-bubbel-chunc!] When your teeth sink into the soft, yet chunky bubbles of a Wispa!

FIONA FRANCIS
join her and the 1,243,081 others
at facebook.com/wispa

Cadbury
Wispa

Be treatwise
Get to know your GDA

A QUICK WORD WITH...

Cleveland Brown!

The *Family Guy* spin-off show's star on American football, boobs and *Nuts*!

Hi Cleveland! Does it bother you that one of your friends is a talking bear? Only if he talks when I'm trying to "read" the photos in your magazine.

What did Peter Griffin do to you to make you leave Quahog? He caught me while I was trying to "read" the photos in your magazine in his bathroom. Hey, how 'bout sending a brother Lucy Pinder's phone number so I can have her come over and watch me "read" your magazine?

Tell you what, we'll call her and pass on the message. Are you aware of just how bad an American football team the Cleveland Browns are? You got 65 pages of t*ts and you're asking me about the Cleveland Browns?

Charming! But moving on, your stepson Rallo seems to have you wrapped around his little finger. Why don't you ever stand up to him? Let's leave my family out of your t*t show. OK?

Have you ever been to England for a holiday? No, but I once drove home on the wrong side of the road.

Er, that doesn't really count. Is your boy Cleveland Junior a good advertisement for never eating American food, ever? My son is very sick. Are your children perfect?

Calm down! It's only a question. You seem to be drunk a hell of a lot on the show. Would you say you have a drink problem? What's with the cursing? Clean up your act, *Nuts*!

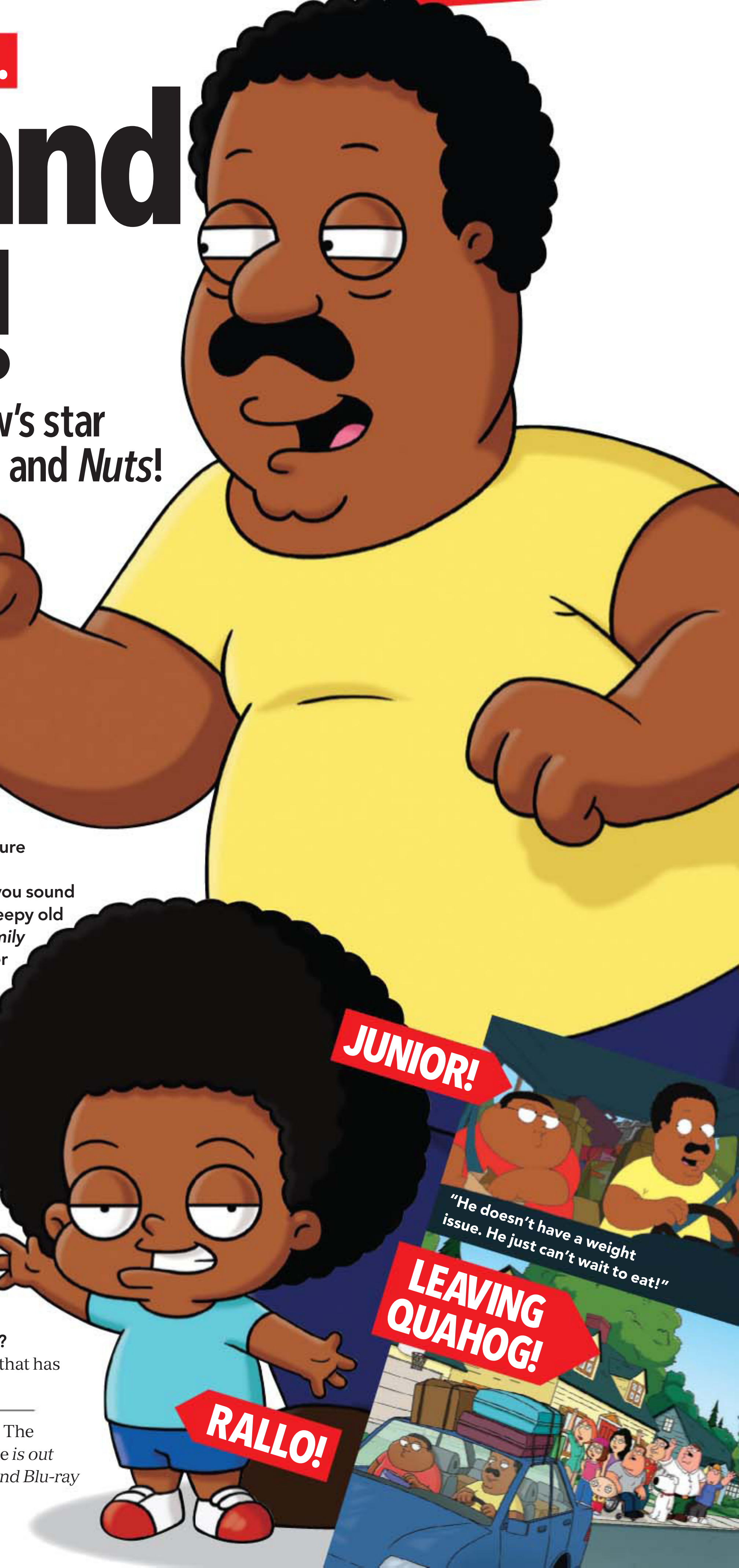
Excuse us! If you could have your own magazine like *Nuts*, what would you feature in it? Black t*ts.

Are you aware that you sound a little bit like the creepy old bloke Herb from *Family Guy*, just with a lower voice? It's "Herbert", and he was very excited to read a magazine called *Nuts*. You can only imagine his disappointment and disgust at what he saw on your pages.

There's no accounting for taste! Finally, which has the better theme tune, *Family Guy* or *The Cleveland Show*? That's easy – the one that has my name in the title!

The Cleveland Show: The Complete Season One *is out now to buy on DVD and Blu-ray*

INTERVIEW: TIM BRADLEY PHOTOS: REX, THE CLEVELAND SHOW™ AND © 2010 TWENTIETH CENTURY FOX FILM CORPORATION. ALL RIGHTS RESERVED



JUNIOR!

"He doesn't have a weight issue. He just can't wait to eat!"

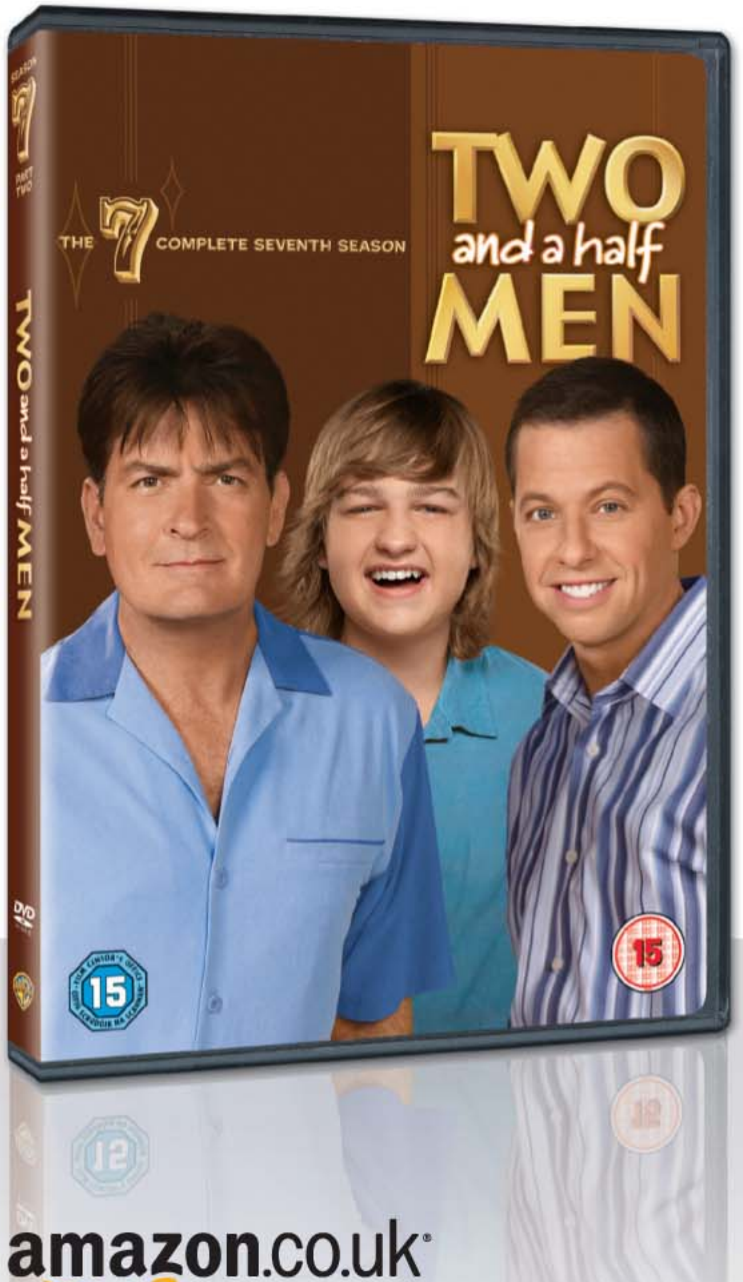
LEAVING QUAHOG!

RALLO!

TWO and a half MEN

COMPLETE SEASON 7

OUT ON DVD NOW


SEASON
7
PART TWO
THE 7 COMPLETE SEVENTH SEASON
TWO and a half MEN
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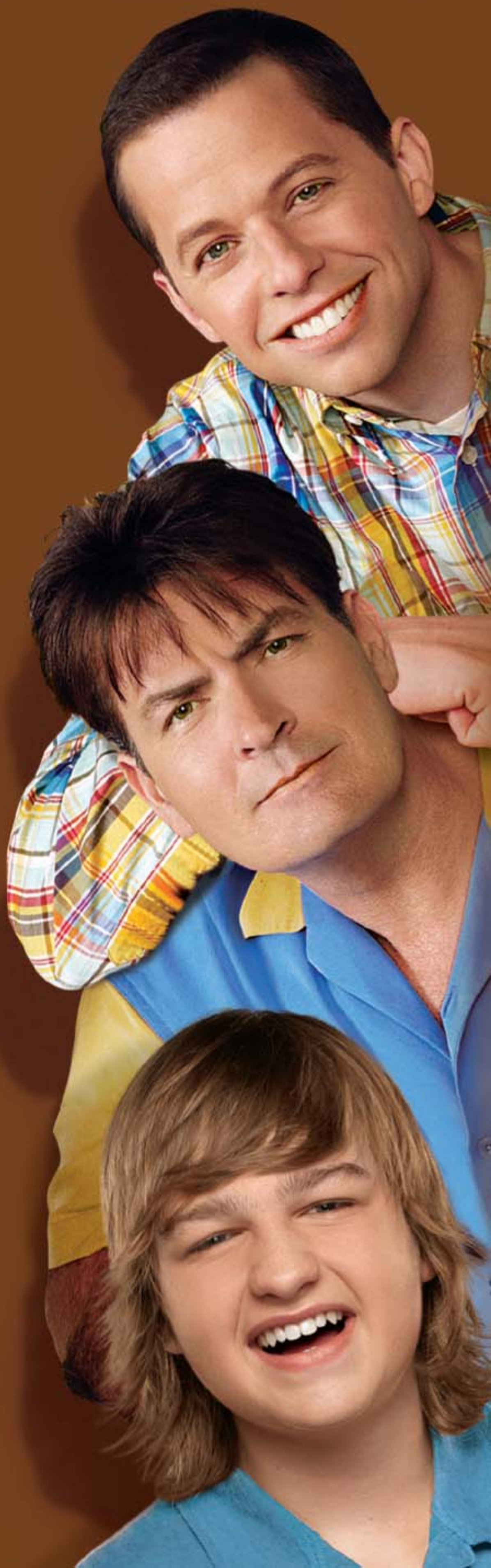
DVD



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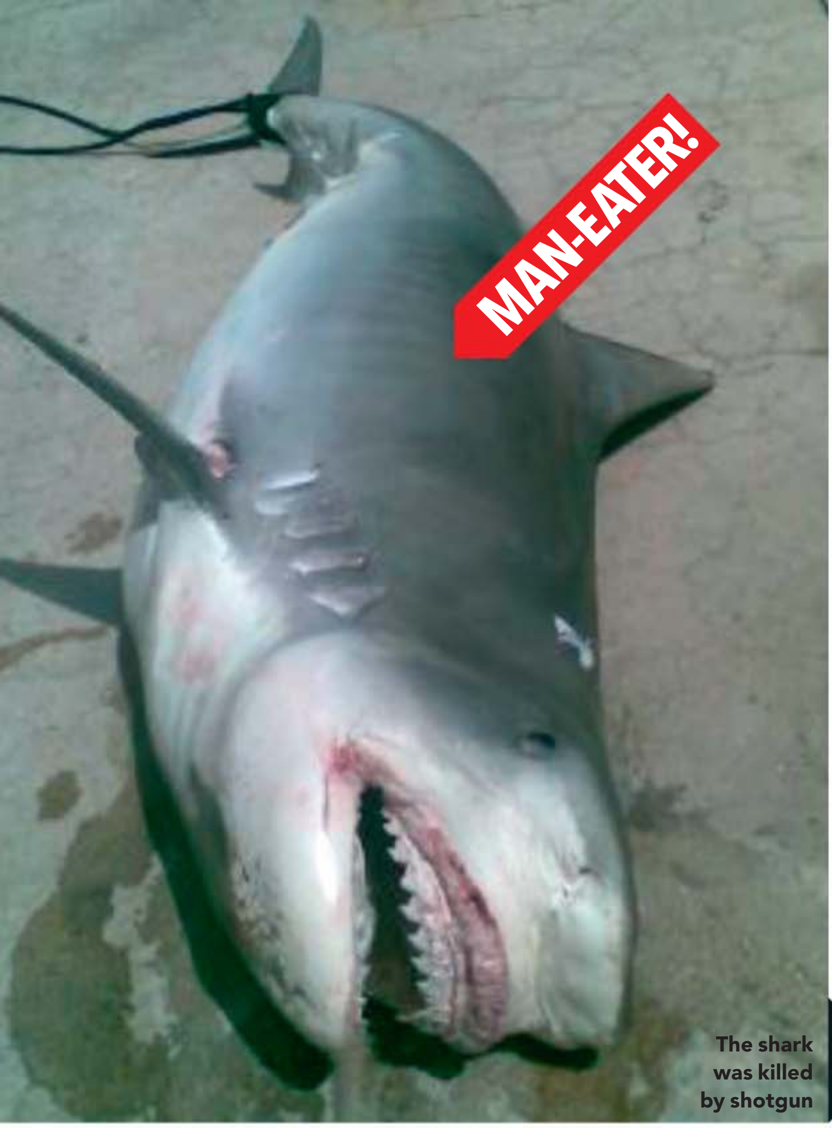
WARNING!

Man in shark!

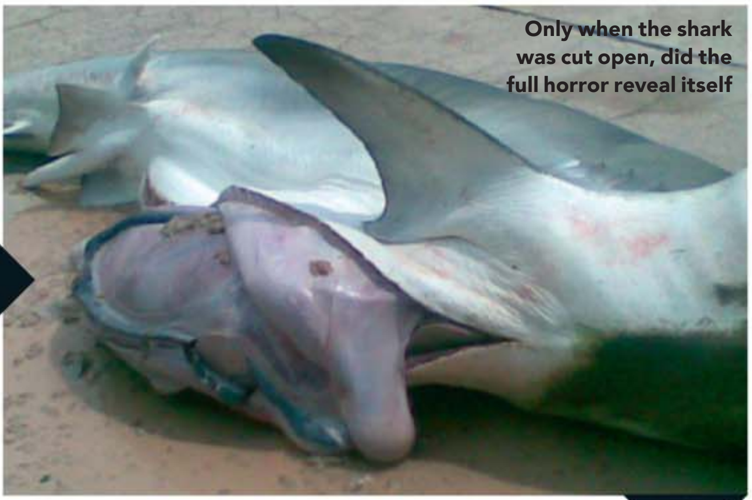
12ft tiger shark eats sailor whole

So much of this story is astonishing. Last month, US banker Humphrey Simmons struggled to land an "unusually heavy" tiger shark off the Bahamas. After shooting the animal in the head, the fish burped up a human foot, intact from the knee downwards.

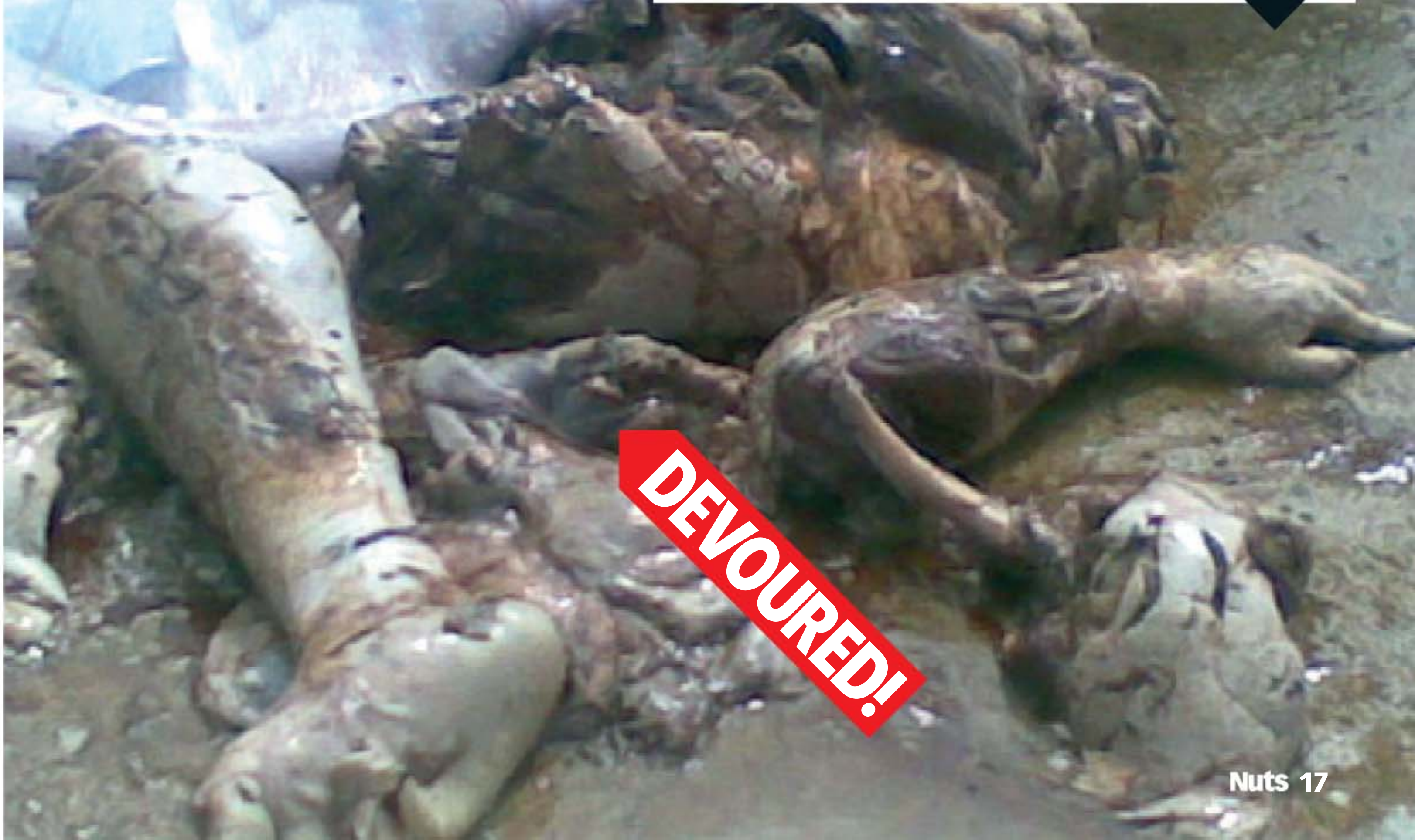
Then, after pulling the shark out of the sea, he opened it up and found human remains, later identified as belonging to a local 43-year-old sailor. Gruesome!



The shark was killed by shotgun



Only when the shark was cut open, did the full horror reveal itself



The victim was identified by his fingertips

WORDS: RORY BUCKERIDGE

WORDS: RORY BUCKERIDGE PHOTOS: CORBIS, GETTY

Hang time!

Broken lifts not to blame as over a hundred take to the sky…

Think these two clearly funny-in-the-head thrill-seekers look cool? Well, they weren't alone. The pair were followed off the edge of Malaysia's 421m Kuala Lumpur Tower by another 118 equally certifiable jumpers.

The stunt was part of an annual base-jumping festival, staged on top of the world's sixth-highest telecoms tower. So if you were in Malaysia last week and couldn't get a mobile signal, it's because these loons were blocking your signal. Selfish.

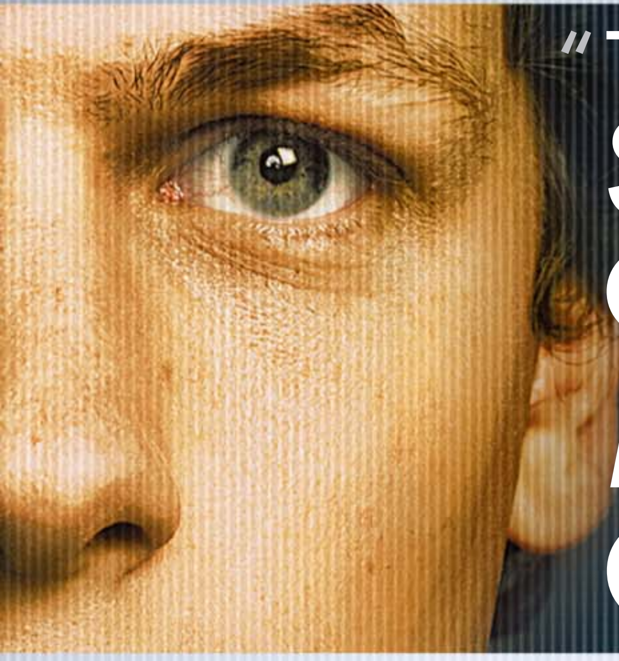
TANDEM DIVE!

"Fancy a game of chicken?"

"Which cord do you have to pull again?

YOU DON'T GET TO **500 MILLION** FRIENDS WITHOUT MAKING **A FEW** ENEMIES.

★★★★★



"THE SMARTEST, SLICKEST, GREATEST MOVIE OF 2010."

OLLY RICHARDS - FHM

★★★★★

ROBBIE COLLIN – NEWS OF THE WORLD

"...THRILLING FILMMAKING: SMART, DRAMATIC AND OFTEN VERY FUNNY."

ALEX BILMES - GQ

A DAVID FINCHER FILM

the social network

12A CONTAINS INFREQUENT STRONG LANGUAGE AND DRUG USE

COLUMBIA PICTURES PRESENTS IN ASSOCIATION WITH RELATIVITY MEDIA A SCOTT RUDIN / MICHAEL DE LUCA / TRIGGER STREET PRODUCTION
"THE SOCIAL NETWORK" JESSE EISENBERG ANDREW GARFIELD JUSTIN TIMBERLAKE ARMIE HAMMER MAX MINGHELLA
MUSIC BY TRENT REZNOR & ATTICUS ROSS EXECUTIVE PRODUCER KEVIN SPACEY BASED UPON THE BOOK "THE ACCIDENTAL BILLIONAIRES" BY BEN MEZRICH
SCREENPLAY BY AARON SORKIN PRODUCED BY SCOTT RUDIN DANA BRUNETTI MICHAEL DE LUCA CEÁN CHAFFIN
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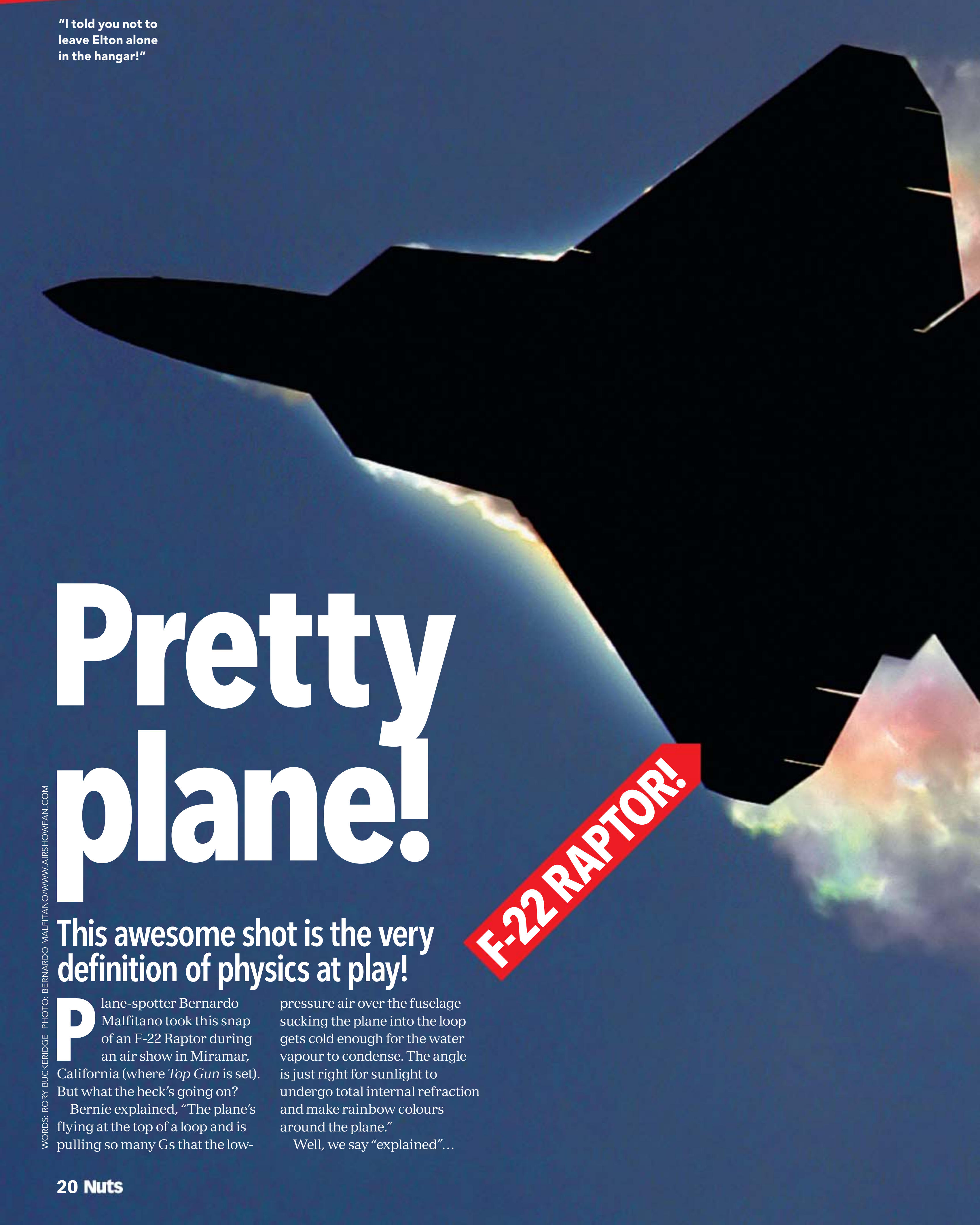
SOUNDTRACK ON NULL

thesocialnetwork-movie.co.uk

AT CINEMAS OCTOBER 15

SONY
make.believe



“I told you not to leave Elton alone in the hangar!”

Pretty plane!

This awesome shot is the very definition of physics at play!

Plane-spotter Bernardo Malfitano took this snap of an F-22 Raptor during an air show in Miramar, California (where *Top Gun* is set). But what the heck’s going on?

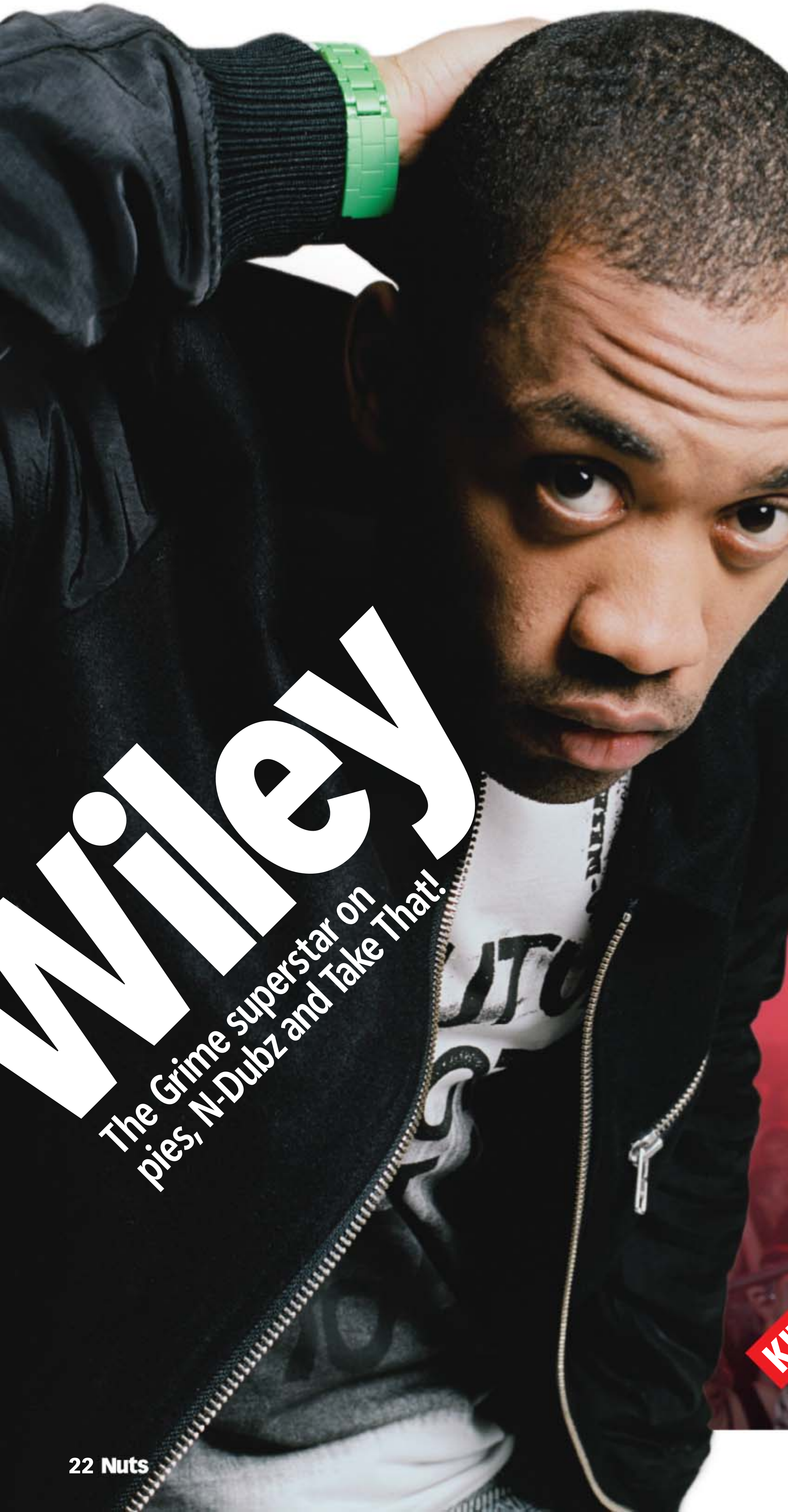
Bernie explained, “The plane’s flying at the top of a loop and is pulling so many Gs that the low-pressure air over the fuselage sucking the plane into the loop gets cold enough for the water vapour to condense. The angle is just right for sunlight to undergo total internal refraction and make rainbow colours around the plane.”

Well, we say “explained”…

WORDS: RORY BUCKERIDGE PHOTO: BERNARDO MALFITANO/WWW.AIRSHOWFAN.COM

Wiley

The Grime superstar on pies, N-Dubz and Take That!



Hi Wiley! Hello *Nuts,* what's happening?

You're the inventor of grime. Doesn't Mrs Wiley get cross when she comes home from a hard day's work and the house is all grimy? Er, ha-ha! No. It means that the sound of the music is grimy.

So, not the state of your house then? No. Some people do grime and they live in big houses that cost over £4million!

Got you. You had a single called *Pies*. What's your favourite pie? Apple. Then chicken.

Er, why write a song about pies? It means if you call lump sums of money "pies", every time you get a new pie, you're up a few pence.

So it's good to have your finger in lots of different pies? Yeah. Try not to put all your eggs in one basket.

Your last hit was called *Take That*. What were Gary, Howard, Mark and Jason like to work with? They're great. I didn't actually get to work with them but they're inspirational.

KING OF GRIME!

INTERVIEW: RICH PELLEY PHOTOS: ISO IMAGES

Wiley is a fan of Take That? Who'd have thought? I know! When you grow up watching *Top Of The Pops* and stuff, you learn to appreciate music. Songs have been written, people are playing instruments, something magical is going on, especially with a group as good as them.

Would you like to work with them? Yeah, sure I would. I expect they're busy though!

The BBC reported you'd been stabbed to death in 2008. Er, are you Jesus? No, I'm not. What I am is somebody who didn't die from 21 stab wounds though!

Blimey! Sometimes, you're happy to be alive. Sometimes, you sit there and think, "Why the hell?" and all the rest of it. It's not good to think about it constantly but it's good to stay alive.

You've fallen out with N-Dubz. In America, gangster-rappers shoot each other when they have an argument. What will you be doing? De-friending them on Facebook? No. What I'm going to be doing is ignoring them and trying to get my own millions in. That's the bottom line. Let me tell you. Do you know the difference between right and wrong?

Erm… Cool. Listen. Me and you. I'm one group, you're another. You holler at me, I do a tune for you. So you should then do a tune for me, right?

Right! So I do your tune first. Time passes, then one day I want you to do my tune. But you dark me. You dark me and you don't give a sh*t. That's not right. Do you get that?

Well… The fans will say, "Wiley, you're this and that." What have I done wrong? Obviously, still big up everyone. Once you're branded, you've got to do what you've got to do. But I respect other artists so much that if I do something for you, you do something for me. It's not about money, 'cos I'll just make my own tune and run off with all the money. Do you know what I mean by that?

OK, we've no idea what just happened, so moving swiftly on… you recently gave away 180 free tracks on Twitter, including your brand-new album. Are you insane? No. I'd gathered so much music because the record labels were going, "Yeah!" "No!" "Yeah!" "No!" I knew that if I leaked those tunes it would change the face of music. It was a reinvention tool. Now they've given me back the deal and hopefully people will start to think I'm the next big thing again. Easy!

"I'd love to work with Take That!"

The cartoon character Wile E Coyote uses ACME instant holes and "Just add water" booby-traps to catch Roadrunner. What ACME products would help you? I'd like a little helicopter or a small aircraft to fly in and out of countries without having to show my passport.

Have you got a particularly embarrassing passport photo or something? No. I had some rubbish ones but now I've got a really good one!

Alan Wiley is a famous Premier League referee. It's the rap star World Cup final. Tinchy Stryder has run through Dizzee Rascal's legs and dived over Tinie Tempah's ankles into the penalty box. Who do you send off? Who has to come off? First, Tinchy Stryder for diving, if he did dive. Or did Tinie Tempah trip him over? Scrub that, I'd send all three of them off. Ha!

Thanks for the chat, Wiley! You're off on tour very soon. Can we come too please? Yeah, of course you can, *Nuts*! It's a 13-date tour, then we're off to Australia, then back next year for lots and lots more Wiley!

See Wiley on the Elusive tour from 26 October. Info at www.myspace.com/eskiboywiley

SOPHIE MONK (The Hills Run Red)
SCOUT TAYLOR-COMPTON (Halloween)
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THEY HAVE A THIRST FOR BLOOD... AND EACH OTHER
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THE Nuts LIP-READER!

When he watches a match, he sees every word!

John Cassidy is a **real** lip-reading expert. And an FA coach!

Fabricio Coloccini: "It's not a foul, ref!"
Mike Williamson: "I kicked the ball away! I touched the ball!"

MAN CITY VS NEWCASTLE Eastlands, Sun 3 Oct, 1.47pm The Toon duo are up in arms after Man City win a penalty.

Luke Varney: "F**king get your heads down! F**king heads!"

LIVERPOOL VS BLACKPOOL 3.48pm Although the Tangerines are 2-0 up, Varney reminds his team-mates there's still work to do.

Ashley Cole: "How can you f**king see that far off!"

CHELSEA VS ARSENAL Stamford Bridge, Sun 3 Oct, 5.44pm The Chelsea man has a pop at the ref after a decision goes against him.

Luke Varney: "Hit it on the outside"

LIVERPOOL VS BLACKPOOL Anfield, Sun 3 Oct, 3.02pm The striker talks free-kick tactics with team-mate Charlie Adam.

POTTY-MOUTH OF THE WEEK!

ONLY IN Nuts!
Karl Henry: "It's f**king not a red card! No f**king red card! F**king hell! It's f**king bullsh*t!"

WIGAN VS WOLVES DW Stadium, Sat 2 Oct, 12.56pm The Wolves skipper lets rip after a reckless tackle on Wigan's Jordi Gomez.

TO CONTACT THE LIP-READER, WRITE TO: JOHNNYRCASS@HOTMAIL.COM

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e one

Nuts tests padded pants!

Is that a pair of M&S 'front enhancement' pants or are you just pleased to see me?

Will a banana down the jocks lure the ladies?

WORDS: RICH JENKINS PHOTOS: COLIN WILLIAMS

Women use all sorts of trickery to pad and boost themselves up, so when we noticed that a big high street chain were producing undercrackers for blokes with what they called "frontal enhancement", we were all for it – until we found out they cost £10!

We set to work making our own on the cheap. One pair of socks and a banana later, voilà – a bigger package than anything Becks could conjure up! But would it help with the ladies? Only one way to find out…

IN REALITY? TIDDLY!

"Feeling fruity, love?"

Ladies rate our undies!

MARTHA, POLAND, 37

"Why do you have to do that? The natural look is much better – but not on him!"

LUCY, CZECH REPUBLIC, 25

"If my date wore these, I'd find it a definite turn-off. And I'd know – immediately!"

SVETLANA, RUSSIA, 27

"There's all this pressure on women to look great. Now it's the men's turn!"

NINA, GERMANY, 35

"I don't think I would like it. Men should stick to regular boxers, yes?"

KAREN, LONDON, 32

"I like the *Nuts* version! Why waste money on pants? Spend it on me instead."

BELLA, LONDON, 30

"I like quality, not quantity. If there's nothing behind them, it's a letdown!"

Verdict

Sadly, the women didn't go for our "boosted" look, so it looks like we'll have to make do with what God gave us!

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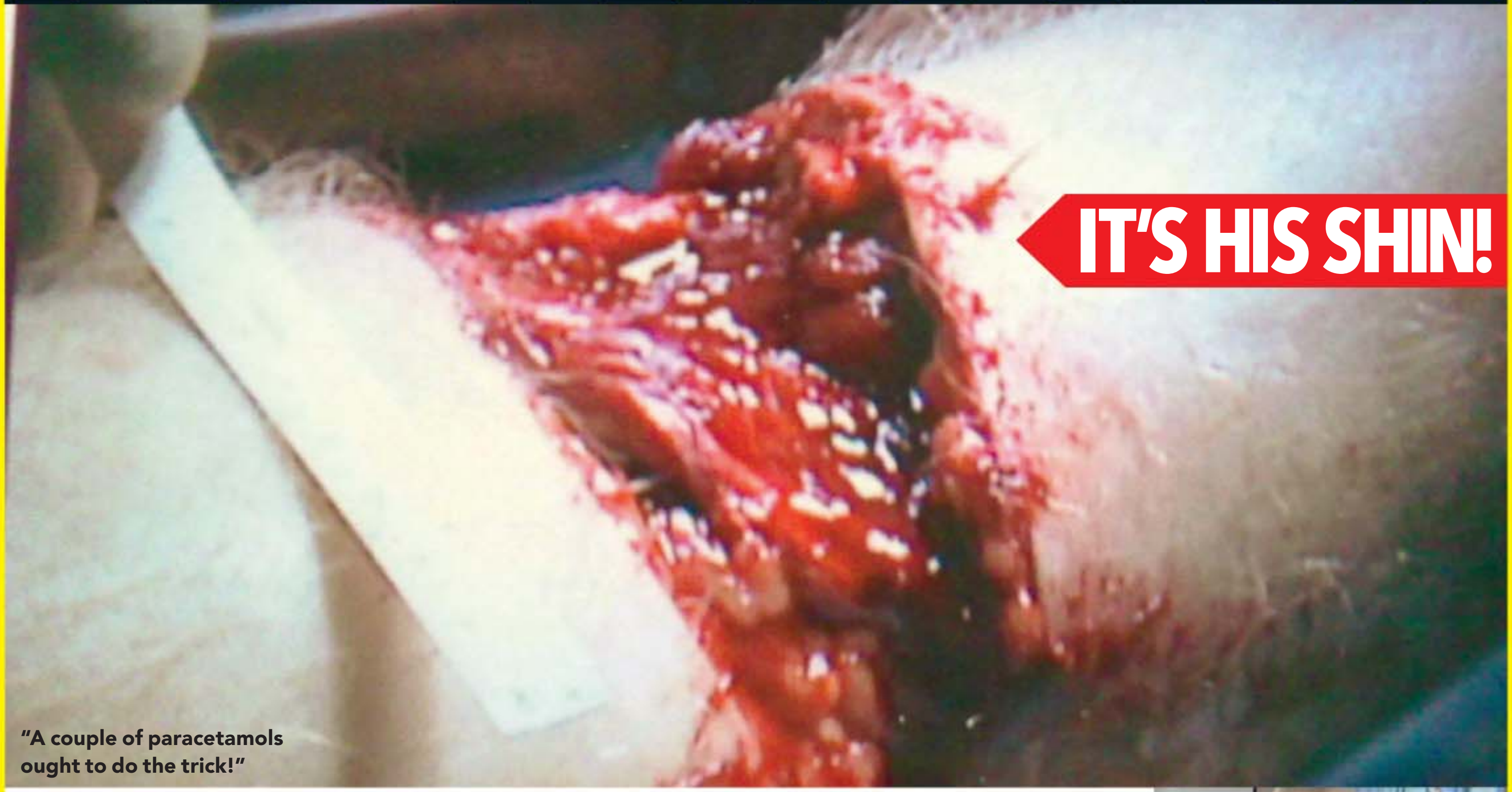

IT'S HIS SHIN!

"A couple of paracetamols ought to do the trick!"

'My bones were sticking out!'

"I think I'll catch the bus instead next time!"

HE'S OK NOW!

Leg snapped in 50mph smash with telegraph pole!

If we had our way, motorbikes would be banned – you lot can't go five minutes without breaking yourselves open on one! The latest to come a cropper is Perry Tomsett, a 19-year-old carpenter from Kent, who tells *Nuts*, "I was going down the A28 at around 50mph, when a piece of plastic was blown in front of my bike. I hit the brakes as the front tyre rolled over the plastic, but lost control. The bike left the floor, cleared an 8ft hedge and came to a stop on the other side. However, my journey came to a more sudden end when my leg smashed into a telegraph pole!

"The bones in my leg were sticking out. I'd hit the pole so hard, my foot actually bent all the way around it and I kicked myself in the thigh!

"I was in intensive care for weeks, but I'm on the way to recovery now and looking forward to appearing in *Nuts*!"

Win £1,000!

Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2010 will win £1,000 in cash!* Submit your images and contact details to **dontlook@ipcmedia.com**

WORDS: RICH JENKINS *EDITOR'S DECISION IS FINAL. SEE TERMS AND CONDITIONS ON PAGE 68

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Nuts GEAR

WORDS: RORY BUCKERIDGE

Philips O'Neill headphones

shop.philips.com

Nuts says: A collaboration with the surf dudes, these cans have a casing six times harder than the polycarbonate often used to make headphones with. And they sound great, too!

The headphones will operate in temperatures as low as -25C

£100

Exspect Time Speaker Dock

www.expansys.com

Nuts says: Install the free app and when you dock your iPod or iPhone, its screen becomes part of a full clock, with hands and the number 12 on top. Then it'll blurt out your tunes through the speakers. A classy set.

£80

Star Wars Lightsaber Room Light

www.firebox.com

Nuts says: We're surprised this has taken so long – a Jedi's glowy weapon as a room light. Can be cycled through seven colours via its remote control, and makes that lovely noise!

£30

Nike 5 Bomba Finale boots

www.nikefootball.com

Nuts says: "Shot Shield" tech helps five-a-side players keep balls down, while the rubber turf pattern provides underfoot ball control and stability. Plus they look good.

£75

Check out more reviews at **www.nuts.co.uk/reviews**

YOUR LETTE

Women, wine and weird outfits!

Send your letters to **nutsletters@ip**

"Hands up if you'd like to see the other one"

Sam lady!

Dear Nuts,
I took loads of pics of myself wearing my *Nuts* vest. This is one of my favourites, so I thought I'd send it in to see what you think!

Sammy Housden, Leicester

Excellent – our built-in "wardrobe malfunction" feature appears to be working perfectly!

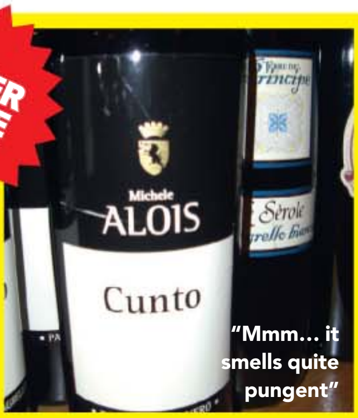
That's corking!

LETTER OF THE WEEK!

Dear Nuts,
Here's a delicious-looking bottle of red wine I spotted while on holiday in Italy. Looks delightful!

Carl Devonport, Grimsby

This is just a cynical attempt to drag us away from our beer. Well, it's never going to happen!



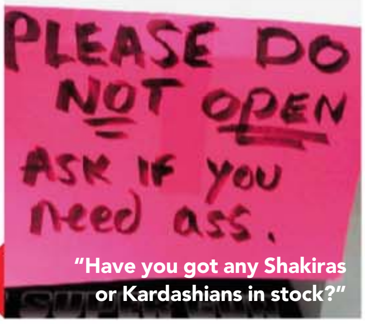
"Mmm… it smells quite pungent"

You're too kind

Dear Nuts,
I saw this sign in my local shop. You know, it kinda makes me want to come back more often. I might even ask if they'll do me some on credit.

Michael, via text

We hope you said "please" when you asked.



"Have you got any Shakiras or Kardashians in stock?"

Nutty Marines

Dear Nuts,
We introduced the mag to some of the US Marines we were based with in Afghanistan, and they flippin' loved it! Now they all want to trade their California beaches for grey Blighty!

Lex Igwe, Bravo Company, Sangin, Afghanistan

Good work, gents! Although we do kind of think the guy on the far left of the line-up ruined the pic slightly!

"I said 'stand at ease' not 'stand and p*ss!'"

Dave would later regret keeping his outfit on…

He's a well red fellow

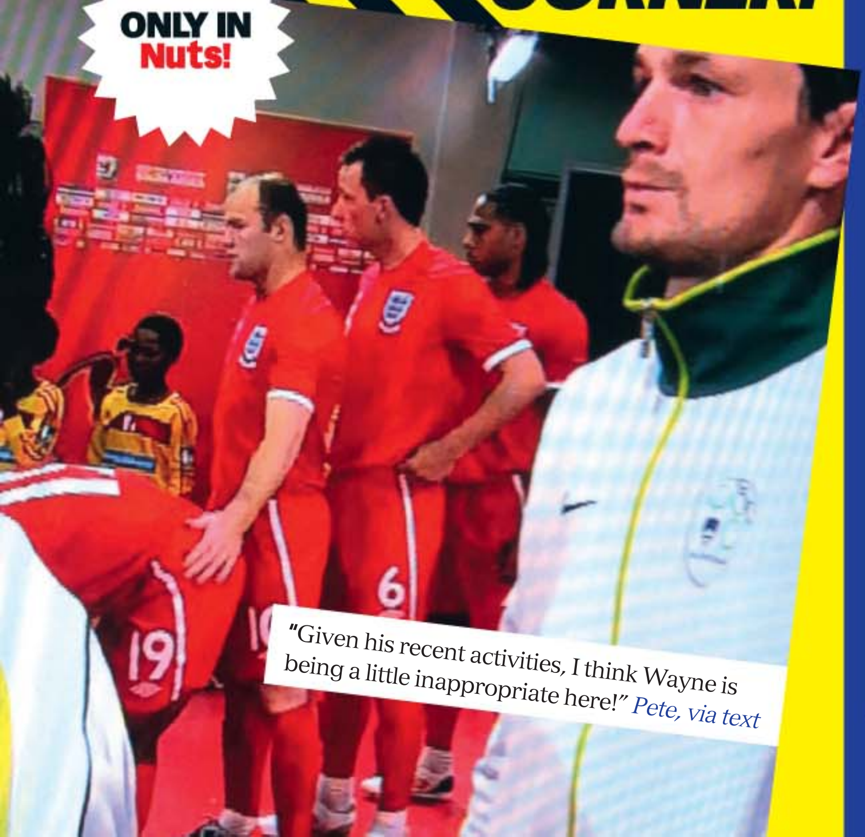
Dear Nuts,
Here's a pic of me enjoying the mag on my mate's stag do. I have to admit that it loses a certain something when read this way…

Dave, Bournemouth

Dave! There's a little bit too much on show there. Put it away lad!

STEALTH BUMMING CORNER!

ONLY IN Nuts!



"Given his recent activities, I think Wayne is being a little inappropriate here!" *Pete, via text*

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RS!

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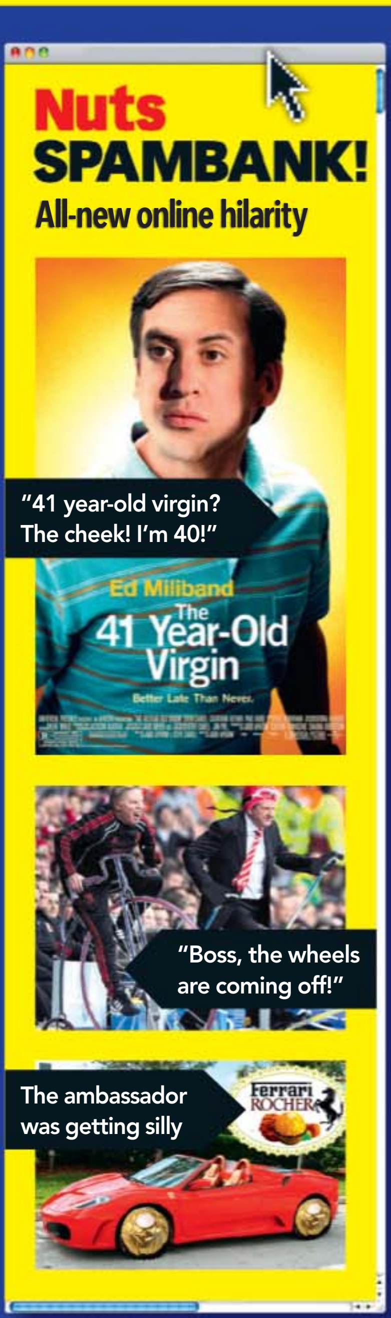


Nuts SPAMBANK!

All-new online hilarity

Ed Miliband
The 41 Year-Old Virgin
Better Late Than Never.

“41 year-old virgin? The cheek! I'm 40!”

“Boss, the wheels are coming off!”

Ferrari Rocher

The ambassador was getting silly

Win £100 to spend at PLAY.COM

Send your letters and hilarious spam pictures to **nutsletters@ipcmedia.com** or to the address on page 68. The sender of the week's best letter* will win £100 of vouchers to spend at play.com, the UK's favourite online entertainment retailer, with savings and free delivery on everything. Visit www.play.com for great deals on DVDs, games, books, CDs and more!

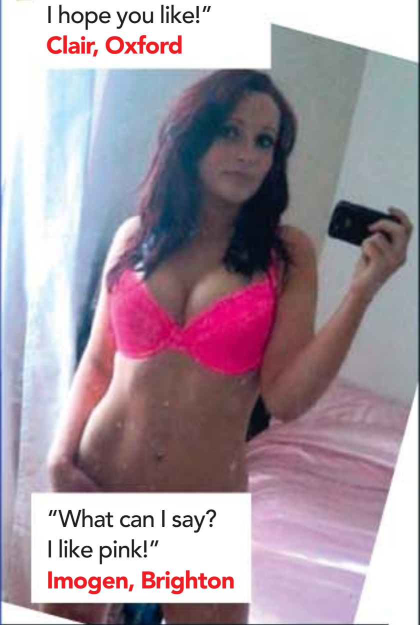
CAMERA PHONE CUTIES!

Sexy snap-happy babes

ONLY IN Nuts!

“A pic of me taken from the rear!”
Gemma, Birmingham

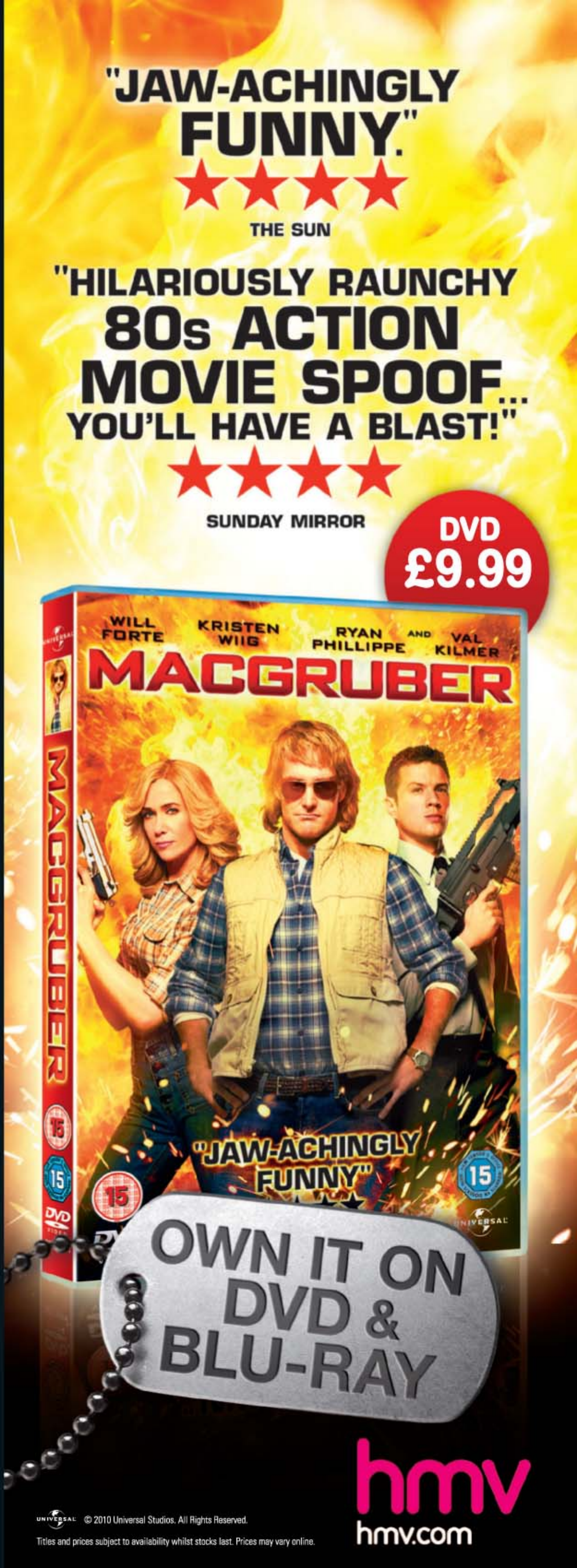
“I'm not smiling, but I hope you like!”
Clair, Oxford



“What can I say? I like pink!”
Imogen, Brighton

Send us your pics!

Text ‘Nuts’ and your sexy camera phone pic to **0771 388 8008***



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YOUR JOKES

Bursting with all the best gags, every week!

Send your jokes to **nutsjokes@ipcm**

SHORT JOKES!

Q: Why did the belt go to jail?
A: Because it held up a pair of trousers
Andy Walsh, Shrewsbury

Q: What's the best thing about insomnia?
A: Only six more sleeps until Christmas!
Rich, London

Q: What's old and feeds off dead beetles?
A: Yoko Ono
Mark, Leeds

My girlfriend had her driving test today. After 45 minutes of emergency stops, pointless manoeuvres and hazard detection, she made it out of the test centre car park
Dipesh Shah, London

JOKE OF THE WEEK!

"Colostomy bag delivery? Just over there, mate"

Plasma scream

Q: Why did the vampire leave Mick Jagger alone?
A: You can't get blood from a Stone
Nick, via email

Fly away

Two Australian brothers fly to Canada on a hunting trip. They charter a small plane to take them into the Rockies for a week hunting moose – and manage to bag six.

As they're loading the plane for the return, the pilot says the plane can take only four moose. The two Aussies object strongly. "Last year, we shot six of 'em. The pilot let us take them all and he had the same sort of plane as yours."

The pilot gives in and loads all six. However, the little plane can't handle the load and goes down over some mountains. Only the Aussies survive.

After climbing out of the burning wreckage, one brother says, "Any idea where we are, mate?" The other brother replies, "I think we're pretty close to where we crashed last year."
Paul Bannister, via email

He never regretted hiring a private nurse

Loading… please wait…

Jim is having passionate sex with his wife, banging away, when suddenly he stops mid-thrust and just lies there, really still.

"What are you doing?" asks his frustrated missus.

"Something I learnt from online porn," says Jim. "It's called 'buffering'."
Graham O'Connor, Temple Hurst

OPEN SEASON
ELLIOT

"My missus? Bit of a moose"

*EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE 68 APPLY PHOTOS: GETTY, ALLSTAR

Win home cinema kit!

Send jokes to **nutsjokes@ipcmedia.com** or to the address on p68. To celebrate the DMC World DJ Championships, held at London's KOKO on 17/18 October, the sender of this week's best joke* wins a Panasonic DVD Home Cinema system. More details on DMC at www.dmcworld.com!

S!

edia.com or to the address on p68

Testing, testing

Three women are sitting in a doctor's surgery waiting for the results of their pregnancy test.

The brunette says, "If I'm pregnant, it'll be a girl because I was on the bottom."

The redhead replies, "If I'm pregnant, I'll have definitely a boy because I was on top."

The blonde thinks about it for a minute and says, "Oh my God! I'm gonna have puppies!"

Tolly, Ludlow

FAMOUS BLOKES' JOKES!

JIMMY CARR: "An iguana can stay underwater for 28 minutes. Or longer, if you don't mind it dying"

RUSSELL HOWARD: "The first time you see a vagina you're like, 'It's brilliant.' But it's actually terrifying. It looks exactly like Rio Ferdinand's smile"

GREG GIRALDO: "Kids these day have so many allergies, it's the healthy kid they take the p*ss out of in schools!"

DANNY BHOY: "People say to me that I'm still living in the dark ages because I don't have wireless internet. I tell them to p*ss off. And shut the drawbridge on the way out"

RUSSELL KANE: "Just been told I can only afford three cannibals for my new adventure film. Will these savage cuts never end?"

Drop in for dinner deals

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IN THE POOL!

NICKY *22, and* **JENNI** *21, from Manchester*
"Nothing like a bit of late-night skinny-dipping!"

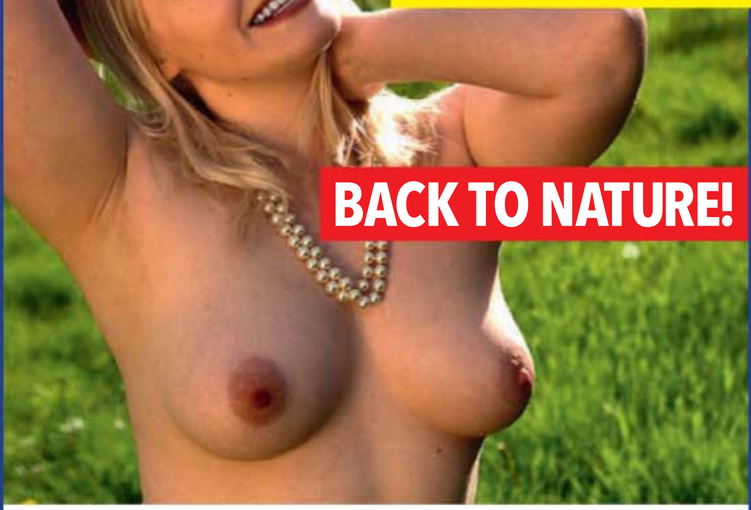
IN THE DUNES!

DANIELLE *19, from Nottingham*
"The deserted dunes are a perfect place to air them!"

THIS WEEK'S £100 WINNER!

ON THE COURSE!

TEAGAN *24, from Bournemouth*
"I think I must have been inspired by the Ryder Cup!"



BACK TO NATURE!

JADE *20, from Leicester*
"I popped them out for a lark in the park!"

Win £100!

All printed pics get a *Nuts* vest-and-shorts combo. The winner gets £100!* Send your snaps to **nutspopout@ipcmedia.com** or by text to **0771 388 8008**.

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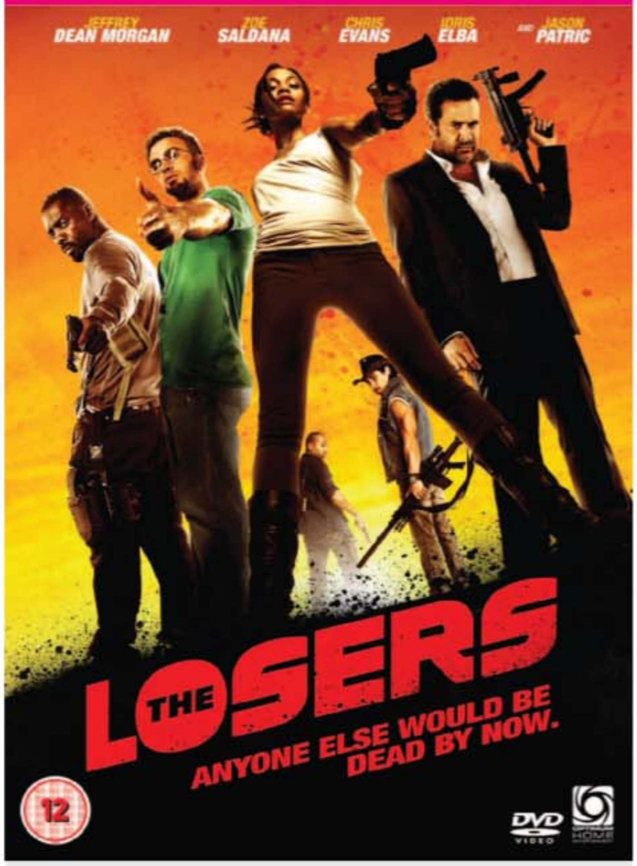

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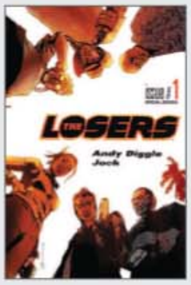

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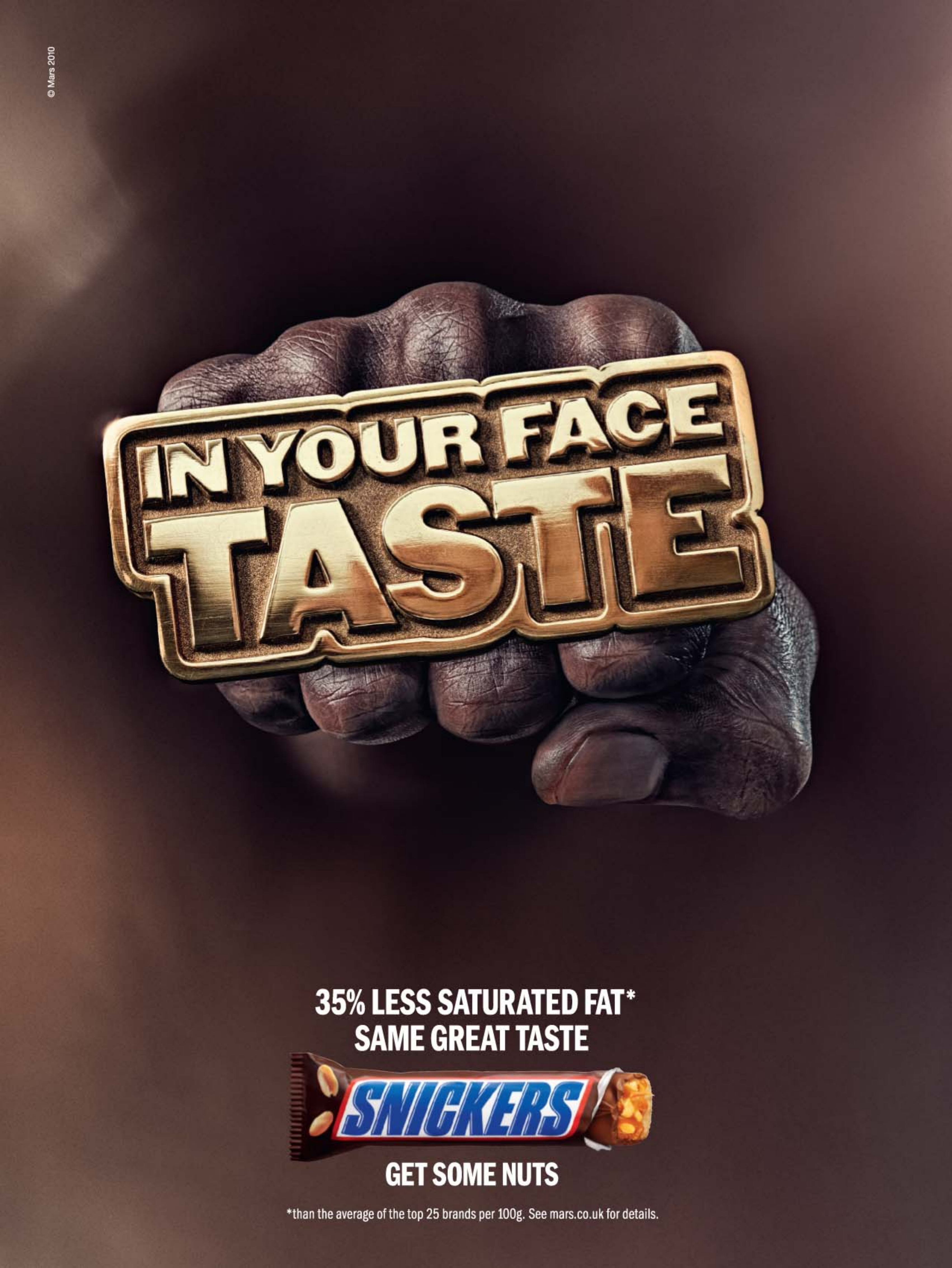
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THE TRUTH ABOUT SEX WITH... KELLY ANDREWS!

Nuts girls solve your bedroom bother!

Email questions to **thetruth_sex@ipcmedia.com**

ONLY IN Nuts!

IN OUR OFFICE!

Is she cheating?

My girlfriend sent naughty texts and pictures of herself to a girl she works with. Would you consider this cheating, given that it's another lass?

Dan, Newcastle

I've sent sexy pictures of myself to another girl before, to make sure they were nice enough to send to a guy I was seeing at the time, so maybe she's doing that, too. If your girlfriend is sending lots of these pictures and the other girl is sending texts and pictures back, I'd consider that cheating. Just ask her about it and see what she's up to.

Nuts BABES' SEX TIPS!

No.30: "Blindfold yourself or your lover! It'll make your bedroom fun much more exciting!"
Staci Noblett

I love muscles!

My girlfriend hates it when I look at other men when we're out. I assure her I'm just checking out their physique, because I like to work out but she says it's gay. What do you think?

Damien, Scotland

Well, girls do check out other girls, but if my boyfriend was looking at other guys I'd think it was a bit weird, too. If you're genuinely just checking out physiques, I guess that's OK – even so, it's more natural to check out the opposite sex, so do that instead!

Should I swing?

My best friend wants me to have sex with his missus while he watches. What do you think?

Lance, Hull

I think it's a bit weird, but if your best friend is giving you his permission, then go for it! Alternatively, you could buy some swinger-themed DVDs and give them to him instead. That would make things a lot less complicated!

Are you faking?

Do women regularly fake orgasms just to satisfy their men and, if so, how can you spot them?

Mark, Sunderland

Excessive groaning is a giveaway, unless your girlfriend does that anyway, in which case it's harder to spot! I don't think girls do it regularly and if they do it's not the boyfriend's fault – a girl has got to be in the right mood to have an orgasm.

"A girl has to be in the right mood to have an orgasm"

NEXT TIME: LUCY PINDER ANSWERS YOUR LETTERS!

PHOTOS: ANGUS YOUNG

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ONLY IN **Nuts!**

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Win £100!

Text 'Nuts' and your picture to **0771 388 8008** (texts are free but standard network charges apply*). Pic Of The Week wins £100 cash!** T&Cs on page 68.

PIC OF THE WEEK!

BUBBLE TROUBLE!

"I swear that this foam willy happened by accident!" **Anon, via text**

CRAP SHOP!

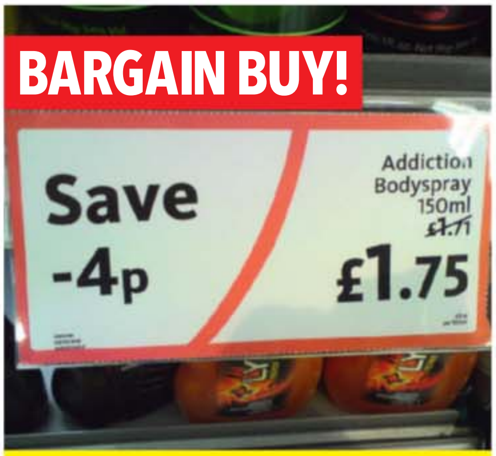
"This skateboard shop in Norway needs to work on its marketing!" **Iain, Whitefield**

POST-IT PRANK!

"Our housemate left his door open so we got to work with the Post-its!" **Anon, via text**

HOLE IN ONE!

"I think my missus might be cheating on me!" **Gavin Heywood, via text**



BARGAIN BUY!

"I saw this in Morrisons in Coalville – a whole minus-four pence off!" **Ian Jones, Coalville**

RUDE POTATO!

"This whopper of a potato looks like it could be good fun!" **Jillian, via text**

SCREWED FOOD CORNER!

WAKKA-WAKKA!

"This week, we're playing Pac-Man with scran!" **Matt Shaw, Lancaster**

*BY SENDING NUTS YOUR CAMERA PHONE PICTURE, YOU ACCEPT RESPONSIBILITY FOR ITS CONTENT AND ITS PUBLICATION. **EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE 68 APPLY

FRANCOISE

FRANCOISE!

Blimey! It's 28H beauty Francoise Boufhal in her undies!

Hello Francoise! You're fairly new to our readers so tell us a little bit about yourself. I'm 21 years old, 5ft 4 and I'm a model! I'm also a presenter for Rio Ferdinand's digital magazine, *#5*. →

"I'd love to do a shoot with Denise Richards"

You have one of the most exotic names we've ever heard. Where are you from? Ha-ha! I'm actually from Newcastle upon Tyne!

Are you a big footy fan then? I don't really follow Newcastle but I'm so happy they're back on form, bless them. I'm more of a boxing fan, to be honest.

When was the last time you laughed so hard you cried? I went to boxing class with a friend not long ago. It's two hours long and you don't really get a break. Halfway through, she came over and said, "We really need to go, I think I've just sharted!" [The stage between farting and soiling yourself, we're told.] I was crying with laughter and we had to leave the class.

Which other women do you find attractive? I think Denise Richards is unbelievably beautiful. She's incredible. Even as she gets older, she seems to get hotter and hotter! Also Penélope Cruz is amazing.

So if you could do a shoot with one other woman, who would it be? Denise Richards every time!

And if you were going to seduce a man, how would you do it? I'd knock on the guy's door with a big rain mac on and nothing else, and then drop it and just stand there and smile!

Sounds to us like you're talking from experience, Francoise. Ha-ha! No comment! Ha-ha! ■

a chilling tale
"TERRIFYING! WILL DO FOR SKIING WHAT 'JAWS' DID FOR SWIMMING"
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"A MASTERCLASS IN TENSION"
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Three skiers are stranded on a chairlift and forced to make life-or-death choices that prove more perilous than staying put and freezing to death

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UFC’S MIKE BISPING + DAN HARDY!

Britain’s top martial artists are ready for war at UFC 120

Hi Dan and Mike! You’re fighting on home soil again. Feel good?
Dan: Yeah, of course! My last fight [against champ Georges St-Pierre for the UFC Welterweight title] was so far away that a lot of my fans couldn’t get to it. Whereas now it’s in London, I’m gonna have 16,000 people shouting for me. It’ll make a difference.
Mike: It feels totally amazing. I’ve been all over the world – Australia, Canada, Vegas – but nothing tops being at the O2 in London. It’s a great venue.

Have you been doing any odd training for your bouts?
Dan: Not really, to be honest. I’ve added a couple of different coaches. I’ve been working with a new jujitsu specialist. I think that’s important because my opponent, Carlos Condit, has got a pretty strong jujitsu background.
Mike: I’ve just been training my heart out. I’m out of bed by 6.30am every day, training five hours a day, six days a week. Whatever needs doing is getting done. Seriously done.

How did the pair of you cope with your recent defeats?
Dan: I had a nice little break, drove down the east coast of America, all the way down to Disney World and spent a couple of weeks there. Then I went back to Los Angeles. I’ve really been just training and working on the rest of my jujitsu and on areas of my game that obviously weren’t up to scratch for the GSP fight.
Mike: The fight I had with Wanderlei Silva was complete bullsh*t! I was robbed so it didn’t affect me that much. The loss to Henderson was a bad one because I got knocked out, but looking back on it, that loss was the best thing to happen to me. It made me improve, recognise my weaknesses and what I was doing wrong in preparation. I was over-trained, under-nourished, there were holes in my boxing and my defences were weak. Now I’ve come back a better fighter and it’s re-focused me. I thought I was invincible, so it’s made me wiser. The knockout blow from Henderson was the hardest punch I’ve ever taken. It was the first time I’d ever been stopped in my life. But I don’t really remember too much about it!

What bits of the training do you guys hate the most?
Dan: Definitely the getting up early! I’ve got a session tomorrow morning that starts at 7am and it’s an hour’s drive away, so my alarm will be waking me up at 5am. That’s the only part of the week that I don’t really like.
Mike: Getting up early doesn’t bother me. To be honest, I quite enjoy the training because I like running and things like that, it doesn’t bother me. I enjoy it. It’s all a means to an end, you know? I want to be world champion and I want to get better and I want to keep winning, and to do that I’ve got to train, so I’m very hungry. Training’s not a problem.

What kind of fights can we expect from you this time?
Dan: It depends on how Condit shows up. If his last fights are anything to go by, he’s going to want to stand and trade punches for a little while and I’m more than happy to do that. If it was up to me I’d do that in all my UFC fights!
Mike: I’m going to be putting it on Yoshihiro Akiyama straight from the start. I definitely want to knock him out in front of the home fans so I’ve been building up my punching power, which is through the roof now! I’m winning this fight, don’t you worry about that! I’m punching way harder than ever – I’m telling you, he’s going to feel that on the night. He’s getting knocked out!

How different are UK crowds to the American ones?
Dan: It’s just a different atmosphere, really. I couldn’t quite pinpoint it, to be honest. I spend a lot of time in the US and American fans are really passionate about the sport, and they’re a very supportive crowd, regardless of where you’re from. Because I was ➡

“Can I touch your Y-fronts?”

“Smell my fingers”

"All this way for the World Cup and look at the weather"

BISPING!
HARDY!

The cuts were damaging the quality of NHS surgeons

"MY TEETH ARE A MESS AND I'VE BROKEN MY NOSE FIVE TIMES!"

"MY SELF-BELIEF IS THERE. I FEEL LIKE A WORLD CHAMPION ALREADY!"

a Brit fighting a Canadian in America, they didn't have any particular allegiance to anybody. They were behind GSP to start with because he was the champ, but after I'd escaped a couple of his submission attempts, a lot of the crowd crossed over to my side. In England, the fans are always die-hard for the British fighters, regardless!

Mike: The British fans are amazing, you can't beat them. I remember when I fought in Manchester, this boxing journalist said that he'd never heard anything like it – these are his words, not mine – and he'd been in crowds for fighters like Muhammad Ali and Mike Tyson. So yeah, the British fans are absolutely amazing and that's why I've never lost on British soil. And I'll tell you something, I don't intend to start now.

Is there any one move that you've always wanted to pull off in the Octagon that you haven't managed yet?

Dan: To be honest, I'd like to show more of my ground game. In all the fights I've had up to now, I've been predominately a striker. In my last fight, I was taken down and controlled on the floor so I didn't get much of a chance to show too much of it, but I'm certainly looking forward to choking some people out, because I think people look at me as kind of one-dimensional at the moment and there's a lot more to my game. I just enjoy hitting people more than anything else!

Mike: There are many moves that I haven't tried that I'd like to pull off. I use a lot of cool spinning back-kicks but I haven't thrown them in the Octagon. I've done them in fights but not in actual UFC bouts, so I've still got a lot of tricks left to still show in this environment. Maybe my next fight will be the night.

Do you still believe you can be a world champion?

Dan: I've got myself a third of the way to a title shot and I'm confident I can get three wins in a row over good opponents, and be back there, ready to go. I think over three fights that will give me another year of good training camps, working on my ground game and wrestling, and all the things I need to work on for the title shot. I'll be ready as soon as the opportunity comes up.

Mike: Maybe a year ago I didn't, but now I do. My self-belief is there. I'm feeling like a world champion and I don't think many people can handle me to be honest.

Where's the strangest place you've been recognised?

Dan: Disney World! I was about to go on the *Star Wars* ride, and there were these two stormtroopers there – acting, obviously. One elbowed his mate and pointed at me!

Mike: Well, to fight in the UFC you need to pass all these strict medicals so we went to the GUM [sexual health] clinic, because it's the cheapest and quickest way to get your blood tested. So I'm waiting in the GUM clinic for my blood test and this guy there just goes, "You're Michael Bisping from the UFC. Can I get a picture?" and I was like, "Whoa, listen I'm just here for my UFC fight! I've got a missus!"

Who in the UFC do you really want to shut up?

Dan: I think Josh Koscheck is definitely at the top of the line there. That guy has something about him I just can't stand.

Mike: Chael Sonnen. Funnily enough he's gone quiet all of a sudden because he just failed a steroid test. It looks like he's had his mouth shut for him!

Do you not get worried about getting your face smashed in?

Dan: No, pain is temporary – it's over and done with in a couple of minutes. I just don't like getting my arse kicked on TV. My teeth are a mess anyway and I've broken my nose five times, it won't break any more!

Mike: I wouldn't say I'm clinging on to my good looks but I've managed to keep hold of the looks I had, whether they were good or not! ■

Watch Bisping vs Yoshihiro Akiyama and Hardy vs Carlos Condit at UFC 120, live on ESPN from 8pm this Saturday

INTERVIEW: RICH JENKINS PHOTOS: MARK EILBECK ADDITIONAL ACTION PICTURES: COLIN WILLIAMS
STYLING: GEORGIA LACEY HAIR & MAKE-UP: OLIVIA FERRER

CHOOSE YOUR SIDE.
THE ULTIMATE FIGHTER
TEAM GSP VS. TEAM KOSCHECK
TUESDAYS 10PM ON sky SPORTS HD

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Lucy Naked!

Our wardrobe department's easiest job yet!

If we had our way, we'd make Lucy our queen. Imagine that – Miss Pinder on our stamps! Until then, we'll have to gaze at her regal curves in this amazing new shoot! Stunning, ma'am! ➡

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"Sometimes, I clean the bath nude!"

Hi Lucy! What have you been up to recently? I've been decorating. You know when you look at a room and you want to change something, and it's got all out of hand? I get a bit carried away, so I've been painting. I haven't been doing it naked either, before you ask. I'd get covered in emulsion! Plus, my windows are too big! I don't think my neighbours would appreciate seeing me in the nude with a roller!
We beg to differ! How often are you naked in an average day? I'm one of those people who's cold all the time, so not that much because I'm always freezing! So apart from the shower, I like to keep a little something on. I probably wouldn't make a very good naturist because I'd be cold!
What do you sleep in? Usually a tight vest and some pyjama bottoms, or sometimes just a thong if it's actually really hot.
Have you ever done any household chores nude? I've cleaned the bath naked! When I'm waiting to get in the shower and I notice it needs a scrub, I'll stand there starkers and sort it.
Are you quite a cleaning freak? Yes, but at the same time I'm quite untidy so everything's really clean, but there'll be clothes everywhere. I can't stand a dirty kitchen and I can't sleep in a dirty room. Ugh!
Who would you like to see naked? Katy Perry has got a really lovely body. Abbey Clancy as well. She's really toned. There's a new *Nuts* girl, Holly Peers, who's a beautiful lady. You have to get her naked and let me come down to watch!
Deal! Have you ever had that dream where you're walking down the street and you're naked? I've never had that but I used to have dreams when ➡

INTERVIEW: RICH JENKINS PHOTOS: ZOE MCCONNELL STYLING: KAREN WILLIAMS HAIR & MAKE-UP: SALLY CAIRNS

"I love sex, whether I'm naked or not!"

I first moved into my house. I dreamt that I would wake up naked and there would be people just stood in my bedroom watching me! It was a bit scary – I had to put a lock on the door in the end and as soon as I did, the dreams stopped for good. Creepy, eh?

What's better – completely naked sex or sex with some clothes on? They're both really good! I'm happy with either! It's still nice to leave a little something on. I think sometimes leaving a bit on makes it more passionate, like you're a bit impatient for it.

Can you tell us what you're watching, listening to, and reading at the moment? On TV, I absolutely love *The Inbetweeners*. Music-wise, I'm listening to 30 Seconds To Mars and Katy Perry on loop in my car, and I've just bought a couple of Sebastian Faulks books because my favourite book is *Birdsong*, his novel about the First World War.

Which of the Inbetweeners do you like the best? It's too close to call between Jay and Simon, I think, and I really like the girl who plays Tara. She's quite funny, isn't she? Bloody gorgeous, too!

She is! Now, what the ruddy heck is happening at Southampton FC? Oh, God knows! It's so frustrating but I've just got to try to ignore it for a bit. It's just annoying now, because every time it looks like things are going well there's always something. It's just a relentless circle of disappointment.

If we went round to your house for tea, what would we expect? I'm really good at baking. I've been doing quite a lot recently. I made my friend a nice birthday cake even though it didn't rise as much as it should have, but it was pretty yummy. But, yeah come round for tea and cake. ➡

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"I'd love to do a shoot with Holly Peers!"

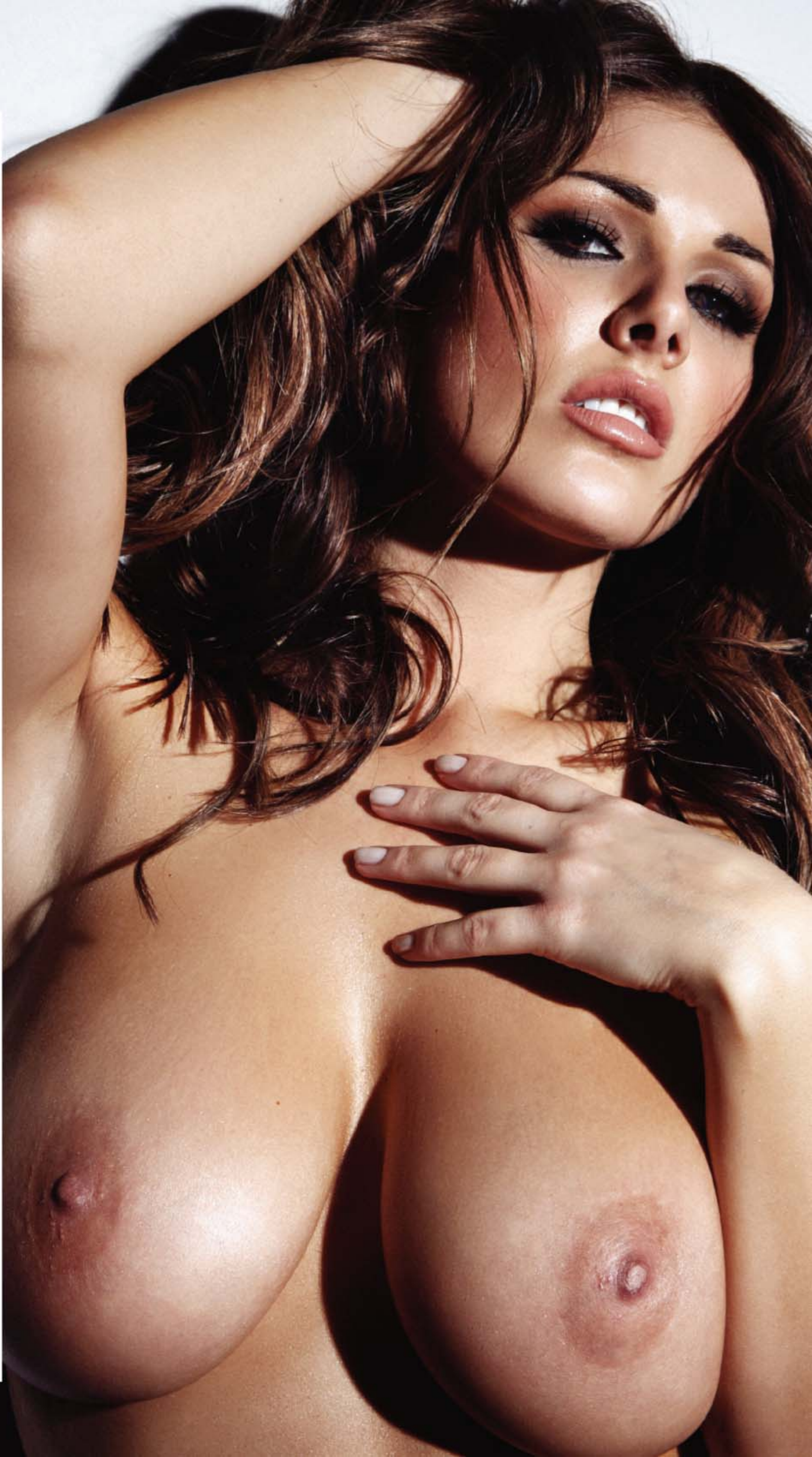
And if you insist, I'll serve you in a little maid's outfit with an extra-short skirt. I know how your filthy minds work!

Ha-ha! Anyway, let's move on from cake… what's your favourite cheese? If I had to make a choice between cheese or chocolate I'd go for cheese – I like it that much. I've got a bit of an addiction to feta cheese in Greek salads at the moment but I like every cheese, except for the mouldy stuff. I bet it tastes gorgeous but because I'm a bit of an OCD freak, my head can't get over the fact that it's mould! Oh my God, this is totally off the point, but did you watch *An Idiot Abroad* when that bloke was eating a chicken's foetus?

Straight out of the egg? Yeah. That was one of the most disturbing things I've seen recently. The programme was hilarious though. I absolutely love Karl Pilkington and adore Ricky Gervais. You forget how hilarious he is. *An Idiot Abroad* is such a quality show. I don't think Karl's as stupid as he lets on, though.

You've been doing a lot of shoots by yourself recently. Don't you get lonely? To be honest, it's really a lot easier because there's less for me to think about! I wouldn't say I prefer it, but it's probably a bit easier. I always love doing shoots with other girls though – like I said before, if you wanted to set something up with Holly Peers, I'd be up for it!

Finally, there's Christmas stuff in the shops already – how annoying is this? Actually, I don't mind it. Because I'm a Christmas baby and I just love the whole atmosphere around it, I'm happy whenever I see the festive stuff on the shelves. Plus, it means it's getting closer to *Nuts* Christmas shoots, which are always really sexy! ■



STARS CAUGHT SHORT!

MARK WAHLBERG
Either Mark has a bottle for a willy, or he's trying to disguise the fact that he's doing his number ones on that wall!

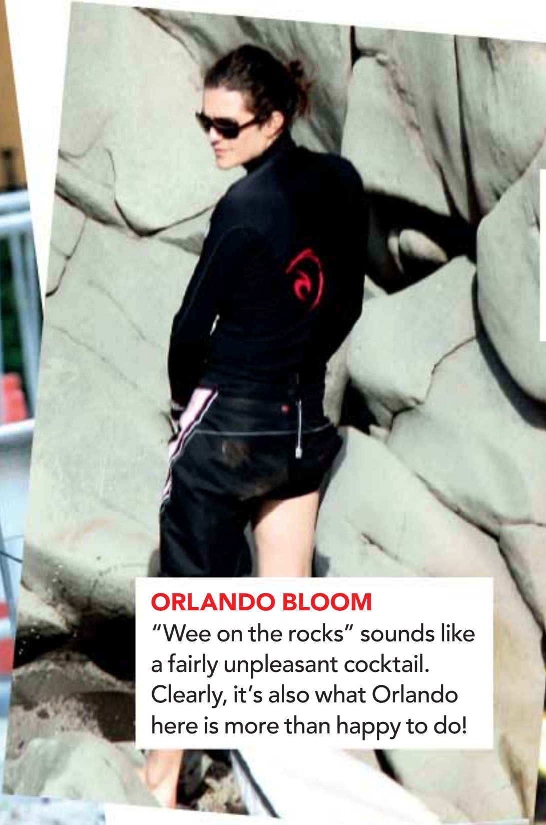
They may be famous but they still have to tinkle!

STEVE-O
There are times when "I'm just nipping behind the tree for a pee" is a bit pointless. And this is one of those times!

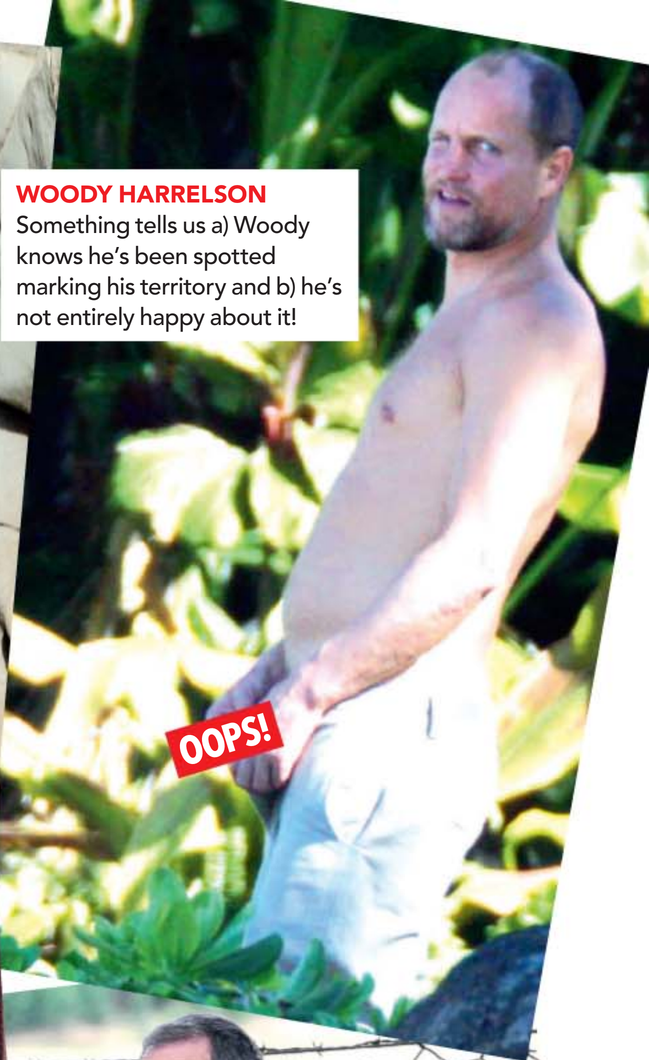
JOHN TRAVOLTA
With his open-legged stance and head-down determination, this really is solid, manly wee-weeing from John. Top work!

OWEN WILSON
What this goes to prove is that even rich movie stars can't be bothered to find the proper toilets hidden on golf courses.

PAOLO NUTINI
When we hear Paolo's music, we think the young Scot must be extracting the urine. Well, in this case, he definitely is!



ORLANDO BLOOM
"Wee on the rocks" sounds like a fairly unpleasant cocktail. Clearly, it's also what Orlando here is more than happy to do!



WOODY HARRELSON
Something tells us a) Woody knows he's been spotted marking his territory and b) he's not entirely happy about it!

PRINCE HARRY
"Tally-ho, chaps! One enjoyed this morning's ride! Now, if you'll excuse one, one is just ducking off to have a slash!"

PRINCE PHILIP
Here's the Queen's other half, taking a break from blowing little birds' heads off to have a wazz in full view of the world.

JAMES NESBITT
This is how to do it! If you're caught going wee-wee, just smile like an idiot and keep on tinkling away. Bravo, Jimmy! ■

Nuts EXCLUSIVE!

Bent: 'Man City couldn't buy me!'

The Sunderland striker talks England, Steve Bruce and Twitter!

Hi Darren! You're getting ready to face Montenegro for England at Wembley. Is there belief back in the national team again? Yeah, it's nice to be back in the squad and, hopefully, I can get some minutes on the pitch against Montenegro.

Has this England squad got the quality to win the Euros? Who knows? We've certainly got some great young talent coming through, such as Adam Johnson, Jack Wilshere and Kieran Gibbs, but I'm sure other countries are progressing along with us. It won't be easy.

Would you step up to take a penalty in the last minute of a World Cup final? Of course! I'm used to taking pens for my club so I'd just put my head down and hit it as hard as I could.

You had the Twitter logo stitched into your boots last season. Will you get the *Nuts* logo on them for us? Yeah, why not? I had a good relationship with Twitter when I got the last one done. They saw that I was tweeting a lot and just asked if they could put it on my boot and I said yes. I'm sure I could do something for *Nuts*, too!

Ace! Has Steve Bruce ever given you the hairdryer treatment? To be fair, I've never had a rollicking from the gaffer – touch wood! I've seen him give it to a few other people, though, and it's not nice! He wants the team to be playing well and if we're not playing well, he's going to tell us!

Man City offer big money to new signings these days. What would you say if they offered you bags of cash to sign for them? Absolutely no way! I'm so happy at Sunderland – the area is lovely and the team's doing well. Man City might have a load of money but it's not about that at the end of the day. It's about where you're happy playing your football and right now, I'm really happy at Sunderland.

What's been your most extravagant purchase? I drive a Range Rover but my house was the most expensive thing – and the most important. I don't wear flashy clothes either – just stuff I like.

What do you want most for Christmas? Erm… if someone else was buying it, a plane!

We've noticed you're wearing a Power Balance wristband – Why's that? It makes my upper body feel great. It's improved my balance and I feel good wearing it. It's also made my strength and co-ordination better, so it's all good.

If the *Nuts* five-a-side team wore them, would we be as good as you? I'm sure you'd be as strong! Maybe not as good with the ball at your feet, though!

David Beckham, Ronaldo and Alex Reid all wear Power Balance wristbands. Who would win in a fight? Probably Alex Reid. I didn't see his fight the other night, though. How did he get on?

He got battered. Oh. He'd probably still beat us lot up!

To get your Powerbalance wristband, go online to www.powerbalanceuk.com

STAYING PUT!

"Darren, not sure the all-red tattoo works"

"Make my after-match pie *this* big"

BRUCE!

PHOTOS: COLORSPORT, GETTY

What would you give Frank Lampard out of ten, Darren?

IN THE SQUAD!

"I'd step up to take a penalty in the World Cup final"

England vs Montenegro

Tuesday, 12 Oct, 7.30pm, ITV1/HD

KAMMY!

ONLY IN Nuts!

He's footy's funniest pundit – and he's only in *Nuts*!

"Oi Nigel, we're trying to do a high-five here!"

STRETCHERED OFF!

End horror tackles now!

In my playing days, I was known for being a hard tackler. I'll hold my hands up and say that, now and again, I'd go in a bit too hard to let an opponent know I was about. But you'd never see a player crippled in a tackle like the ones we're seeing all too often these days.

Double fractures of tibias and fibulas are becoming all too common and it's time the authorities clamped down on them, because we're losing some great talents who are simply never the same again due to the mental scars caused by the injury and subsequent recovery.

Look at some of the names to have suffered these kind of injuries recently: Aaron Ramsey, Eduardo, Hatem Ben Arfa, Antonio Valencia (although no blame was attached in that incident). They're all superbly gifted footballers who we're being denied the chance to see because of ridiculous tackles.

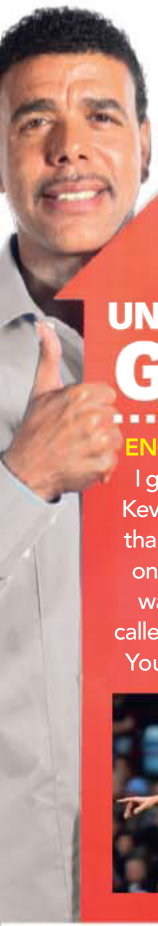
> "Incidents like this have no part in the game"

I'm not sure why incidents like this are becoming so frequent, but they have no part in the game. Back when I was playing at Leeds, I remember the manager Howard Wilkinson having a word with Vinnie Jones and me on the day we signed. He said simply, "Stay on your feet. I never want to see you throwing yourself into a tackle or you'll be fined." Neither Vinnie or myself were sent off during our time at the club. Other managers of the time would fine players 50 per cent of their wages if they got a yellow card, and a 100 per cent if they saw red. That reduced the number of dodgy tackles, I can tell you! I'm not saying we don't want to see contact in the game. But we shouldn't have to see the careers of young, talented players ended.

On a lighter note, I'm fronting a great campaign called "Make the Team". It's a project that encourages everyone between the ages of 16-25 to volunteer in football-related projects around Britain. For more info, visit www.vinspired.com/make-the-team – you could even win Premier League tickets!

PHOTOS: GETTY, ACTION IMAGES, BACKPAGE IMAGES, PA PHOTOS

KAMMY'S UNBELIEVABLE-OMETER™



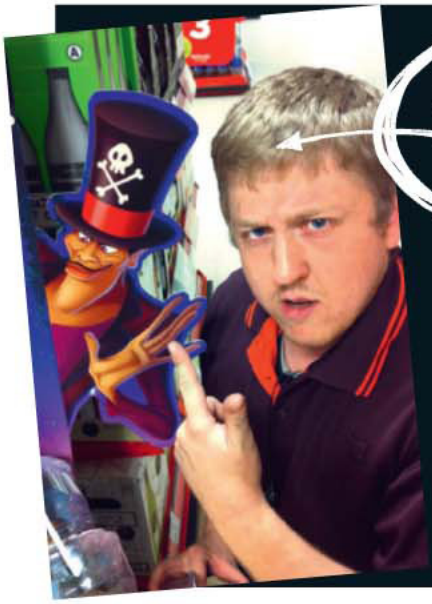
UNBELIEVABLY GOOD!

ENGLAND NEW BOY!
I got a nice text from Kevin Davies last week, thanking me for saying on my show that it was time he got called up for England. You're welcome, Kev!

UNBELIEVABLY BAD!

RED WOES!
What a breath of fresh air Ian Holloway and his Blackpool team are – their win at Anfield was an incredible result. But the once-great Reds are in a terrible mess.

KAMMY-ALIKE!



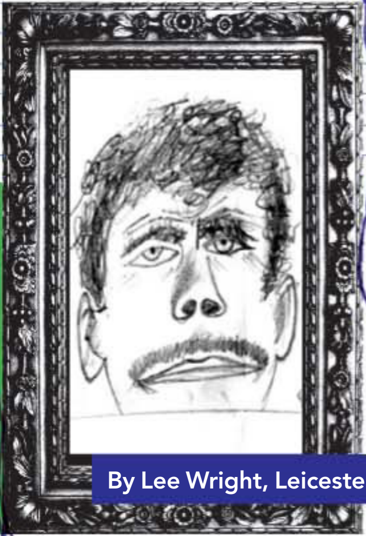
Alright Kammy! A mate and myself were working a night shift and saw this fella on the *Princess And The Frog* display stand. Never knew you were in a cartoon!

Ian Tandy, via email

Ha-ha! OK, even I have to admit that's a good one. Send in more Kammyalikes, folks!

DRAW KAMMY!

Nice one, Lee! There's definitely a passing resemblance to me!



By Lee Wright, Leicester

Kammy needs you!

Send Kammy your jokes, pics etc to **kammy@ipcmedia.com**. The sender of the best one each week will win a signed *Nuts* T-shirt!

CHRIS' CRYSTAL BALL!

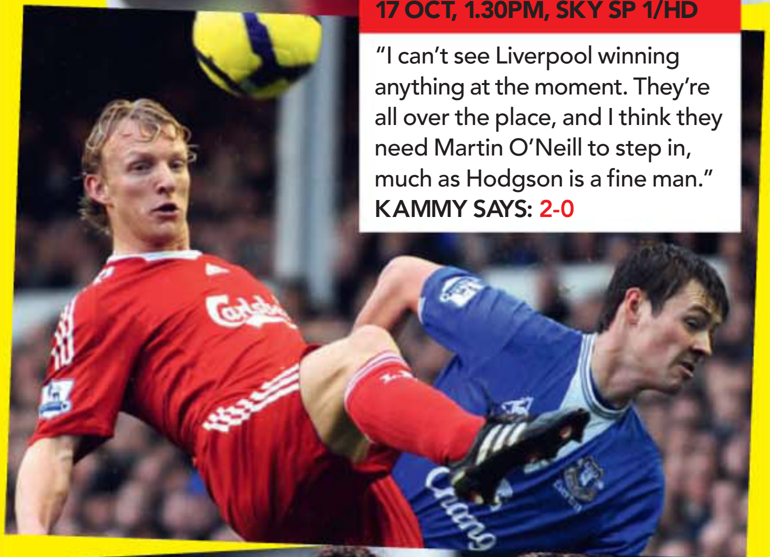
Chris predicts the week's big games!

1 ENGLAND VS MONTENEGRO
12 OCT, 7.30PM, ITV1/HD

"Capello has dragged England out of the doldrums, but I can't believe he's still the boss. Either way, we should have too much class, with Wayne Rooney scoring."
KAMMY SAYS: 3-0

2 EVERTON VS LIVERPOOL
17 OCT, 1.30PM, SKY SP 1/HD

"I can't see Liverpool winning anything at the moment. They're all over the place, and I think they need Martin O'Neill to step in, much as Hodgson is a fine man."
KAMMY SAYS: 2-0



3 BLACKPOOL VS MAN CITY
17 OCT, 4PM, SKY SP 1/HD

"I bet a few of Roberto Mancini's players aren't looking forward to this one! If Tevez and his manager can stop arguing, I expect them to be too strong here."
KAMMY SAYS: 0-2

LIVERPOOL IN CRISIS!

Houghton: 'Fans must back Reds, not boo them!'

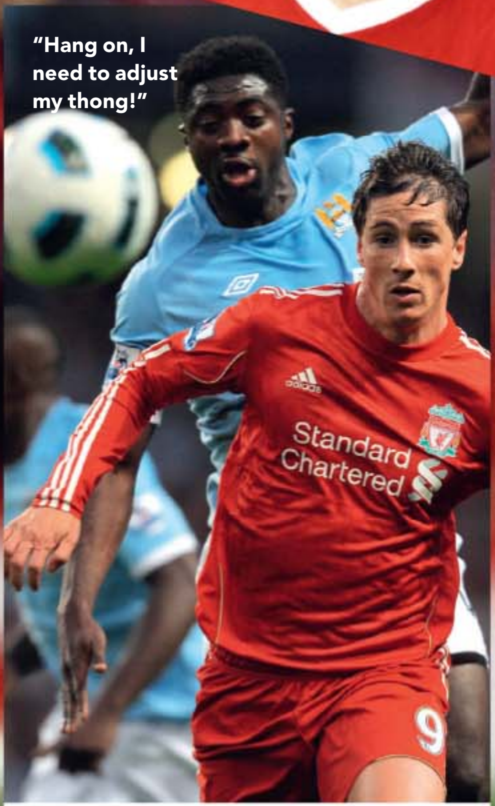
Liverpool legend Ray Houghton on how to turn around a club at the wrong end of the table!

HOUGHTON!

The Reds' latest signings were getting on a bit

"Can't stay long. I've got a road to dig!"

FANS' FURY!



"Hang on, I need to adjust my thong!"

1 SORT OUT THE BOARDROOM!

"Everyone got excited about Hicks and Gillett coming in, but it didn't quite materialise as we thought. Until we know what the new owners are going to do, and whether they have the right background and funds, you have to reserve judgment on them. I remain indifferent at the moment. You learn quickly that people say certain things and don't deliver on others. Time will tell."

2 GET BEHIND THE TEAM!

"The fans are just concerned about where the club is going – on and off the pitch. I'm sure they want to back Roy and give him time, but there's a bit of a panic when they look at one win in seven games and where they are in the league. But they have to get behind the team as much as possible, because if you go there and boo the players, it's not going to improve matters, I can assure you."

3 BIG NAMES MUST PERFORM!

"I don't know if we'll see the same Fernando Torres as we saw a few years ago again – I can't look into the future. You can only hope that he gets his head down and still has the hunger to be a top pro. If he has, then he'll be back at some stage – it's a confidence thing. As for Joe Cole, he's come into a club lacking confidence. At the minute, it just seems to me the players' focus is not what it should be."

PHOTOS: GETTY, PA PHOTOS, SPLASHNEWS.COM, LFI, NEWS INTERNATIONAL SYNDICATION

"Stop crying, you big
baby, you've still got the
Bentley parked outside!"

Everton vs Liverpool

Sun 17 Oct, 1pm, Sky Sports 1/HD

"...7, 8, 9. Eh?
Where's my
other finger?"

UNDER PRESSURE!

"Mmm, I'm loving this
new Lynx aftershave."

ON LOAN AT JUVE!

"Now this is how
you drink a pint!"

4

HODGSON MUST GET THE TACTICS RIGHT!

"Roy has to keep coaching, keep believing and keep his focus. Personally, I'd like to see the team play with more freedom, although I don't think their confidence is high at the moment. Roy hasn't got a magic wand and isn't going to turn them around overnight, but he has to assess the mood in the group and go from there. They have to be harder to play against."

5

PLAYERS MUST MAN UP!

"The players have got to stop feeling sorry for themselves and start playing – that's what they're paid to do. Their job is to play to the best of their ability, and they need to do it as a group. There's enough quality, particularly if they keep all the first team fit. Liverpool should have enough, particularly in this league, which is more about grit and determination than it's about technique."

6

BE BETTER IN THE TRANSFER MARKET!

"It's no use bringing in any more fringe players, the club needs a bit of top quality that's going to move the team on. There are question marks over a few and whether they have the desire and belief to be Liverpool players. It's up to them. Most of them will never get a club better than Liverpool, so it's up to them to put down a marker and have a great career at the club."

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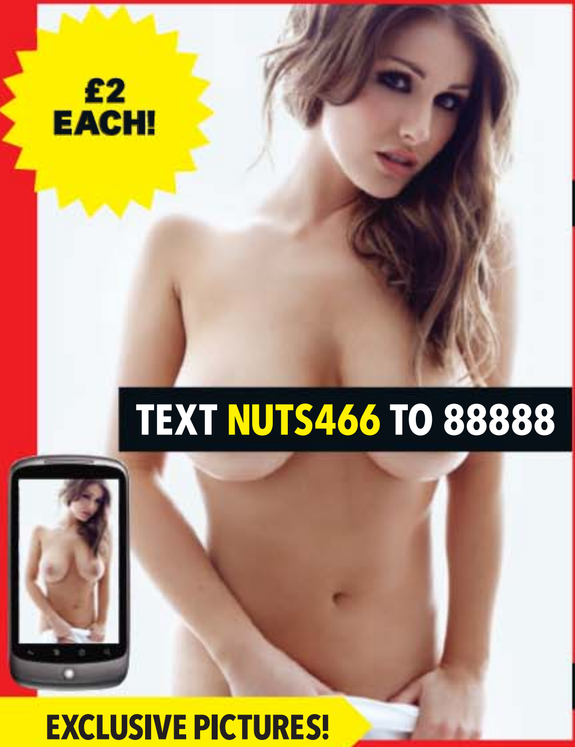

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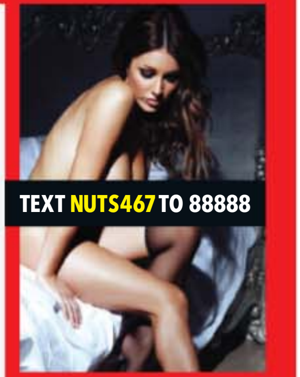

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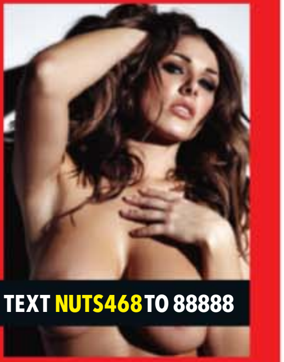

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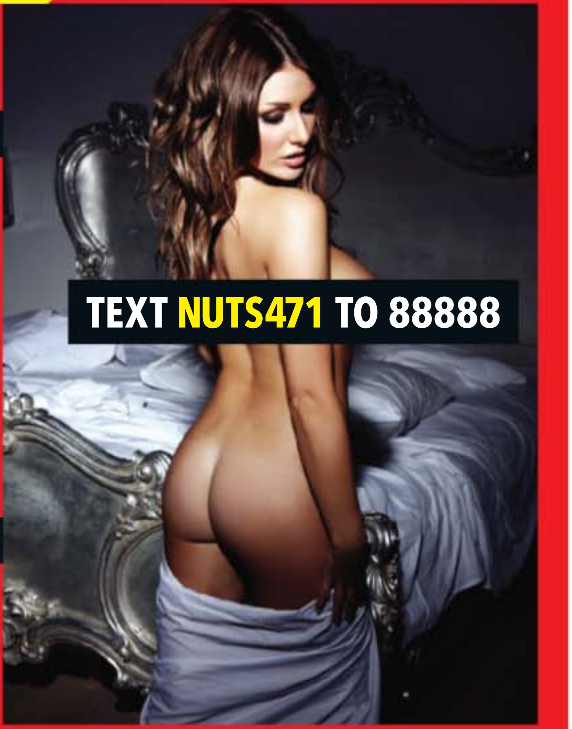

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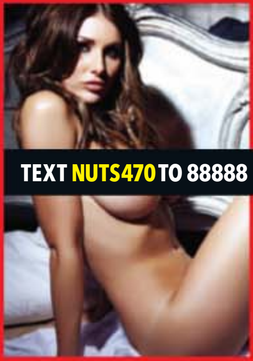

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BACK ISSUES For all *Nuts* back issues, call John Denton Services on 01733 385170, fax 01733 239356

ONLY IN Nuts!

NUTS ABOUT SPORT!

Funny goings-on in the wonderful world of sport!

Send pics, chants etc to tim_bradley@ipcmedia.com

WORST HAIR OF THE WEEK!

In a sport where competitors even shave their legs to improve their aerodynamics, Spanish cyclist Ruben Plaza pedals the path of the maverick. Rumours that he's related to Slash remain unconfirmed.

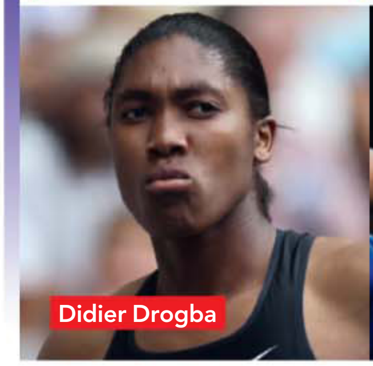
COMMONWEALTH CUTIES!

British Gas

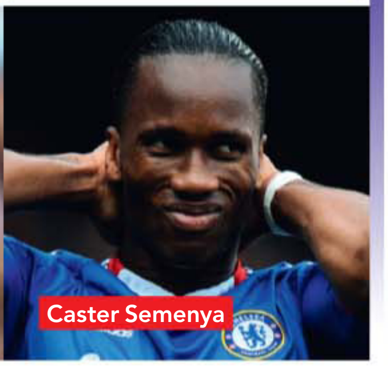
Jenna Randall

Conditions for athletes in Delhi may be a bit… well, rubbish, but we're sure that when they clap eyes on synchronised swimmer Jenna Randall, they'll soon forget about wonky plumbing and shocking wiring. She certainly makes us proud to be British. Go team GB!

SPORT ALIKES!



Didier Drogba



Caster Semenya

OUCH!

Spanish MotoGP star Efren Vazquez is hit by German Jonas Folger after falling off in last week's Japanese GP. He's OK, but might need fresh leathers!

HANDBAGS!

Zac Rinaldo of Philadelphia Flyers and Luke Schenn of Toronto Maple Leafs fight like cider-addled schoolgirls for our amusement. Thanks, fellas!

PHOTOS: REX, ACTION IMAGES, GETTY, BACKPAGE IMAGES

RING OF TRUTH!

ONLY IN Nuts!

Football seen through the *Nuts* comedy glasses!

AIR GUITAR HERO!

"And then I take the lady and kiss her thusly"

BAFFLED BOSS!

Roy's scratching his head!

"Does anyone know what I'm doing wrong?"

HANDS OFF, HEINZE!

"You could at least buy me a drink first!"

"Hands up who wants cake?"

WAVEY HANDS!

"Is this one of those disposable ones?"

NEW SNAPPER!

"If I pull this face the fans won't recognise me!"

HANDSOME!

"Huh? Why's Ashley in his pants?"

NOSY LAMPS!

"Ooh! I just adore musical theatre!"

HELLO SAILOR!

SCARY MARY!

"Grr... you're a tiger! Remember you're a tiger!"

"Be quick though, someone might catch us!"

HAPPY MASCOT!

BIG WILLY!

"Like my Ronaldo portrait?"

SAY CHEESE!

"Those crazy guys, cling-filming my face like that!"

MAN-LOVE CORNER!

"Lads, can we make it a three-way? Er, lads?"

CAPTAIN KISS!

"Oops, we've been spotted!"

OH YEAH!

"Don't worry Joey, your 'tache will grow back!"

CUDDLE UP!

WORDS: NICK WATKINS PHOTOS: GETTY, BACKPAGE IMAGES, ACTION IMAGES, PA PHOTOS, OFFSIDE, SPORTSPHOTO, AMA

FILTERS!
PAPERS!
COMBI PACK
SWAN
50 EXTRA SLIM FILTERS & PAPERS
50
FILTER TIPS
120 POP-A-TIP FILTERS
CORNER CUT • MEDIUM WEIGHT

THE MATCH OF THE DAY

50 FILTERS & 50 PAPERS

Nuts PROMOTION

Top tips to play poker like a pro!

Expert advice on how to win big in the *Nuts* Poker room

OUR POKER PRO!*
Nuts
Nuts
Grab yours, every Tue

1 DON'T BLOW YOUR WAD!
Be cagey with your cash and only lay bets you can afford to lose. Don't put yourself under pressure by raising the stakes to chase your losses – you'll play worse when you're scared of losing. If you think you're the weakest player at the table, it's time to bust a move and drop down a level.

2 LAY OFF THE BOOZE!
Sinking cans playing "heads up" poker at home with the lads might be a bit of fun, but when you're playing chaps online who are only out to nab your cash, you need to keep a clear head!

3 CHOOSE YOUR HANDS!
While the big guns of the game might be able to play any two cards with skill, you'll need to build your confidence and protect your bankroll. Choose only the best starting hands to gamble with, and if you hit something big on the flop, bet hard!

4 PLAY TAG!
We're not talking playground here – to roll with the sharks, you need to play tight and aggressive. Be selective, then when you think you've got the best hand, go big.

5 STAY COOL ON THE DRAW!
If you've got a straight or a flush draw, don't keep calling bets just to see if you hit. If you're not getting the correct odds, just fold. And remember to draw to "nut hands" (eg Ace-high flush) rather than low hands (eg 7-high flush) as even if you hit your low flush, you may be beaten by a higher flush!

6 ASSUME THE POSITION!
Play moves clockwise. The worst position is the small blind (the first player to bet in a hand) and the best is the button (last to bet). If you're the button, you see what everyone's done before it's your turn, so it's the best spot to go for it and play most of your hands.

7 GO EASY WITH THE BLUFF!
Starting out, most players like to see what the other player is holding, so they call a lot more than they fold. This means people will call your bets more than they fold to them. So don't bluff too often or you'll get found out!

*POKER TIPS COURTESY OF JAMES "JAMES666" SUDWORTH, MEMBER OF TEAM PKR PRO

NEW TO POKER? GET A FREE ONLINE POKER GUIDE WHEN YOU SIGN UP TO *NUTS* POKER!

Sign up to *Nuts* Poker to claim your $800 welcome bonus and free online poker guide!

WWW.PKR.COM/NUTS

OVER 18S ONLY. WWW.GAMBLEAWARE.CO.UK

PKR let's play

'QUOTE ME ON THAT!'

This week's biggest match debaters!

"Arsene Wenger has joined the nutters. In fact, he's one of the key nutters"

Harry welcomes Arsene to the madhouse.

"Gomez stayed up even when he was falling"

Charlie Nicholas sees the Spurs keeper defy physics.

"African girls are as sexy as cheese"

Sunderland striker Asamoah Gyan knows how to charm the ladies.

"There are a lot of Asian teams in the Asian Cup"

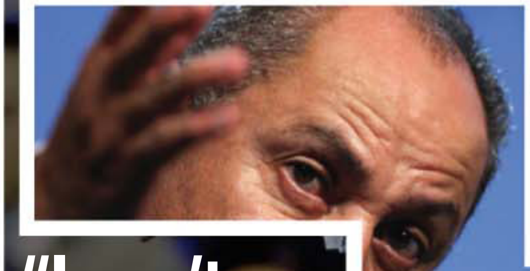
Jeff Stelling with a helpful explanation.

"Macheda played like he should have had a duck on his head"

Sky Sports' Peter Beagrie on the Man United target man.

"I can't kill Gareth Bale off"

Harry Redknapp tries to put down his defender.



"The European game is different to the humble and tumble of the Premier League"

Ossie Ardiles invents a new language.

"The Premier League is the Grand National"

Glenn Hoddle gets his sports horribly mixed up.

"I'm 93 by the way"

Sir Alex Ferguson looking good for his age for once.

'OO-ER SOUNDS A BIT RUDE' CORNER!

"You can feel Mark Hughes' passion start to grow"

Fulham's Simon Davies on his excitable boss.

"Gareth Bale enjoyed himself round the back of the lad"

Paul Walsh watches Spurs get stuck in.

"The cop gave it to me with his truncheon"

Santos player Marquinhos takes one for the team.

"Baked beans for breakfast can trigger a violent reaction in anyone not used to them"

West Ham's Henry Ilunga prepares for a windy day.

COMPILED BY GRAHAM WRAY PHOTOS: BACKPAGE IMAGES, GETTY, PA PHOTOS

Nuts REAL GIRLS

THE BEST OF BRITISH HOTTIES!

The Pic she sent us!

BEDROOM BABE!

Misha 18, Grimsby, student

"To give a man a night to remember, I'd dress up for him, tease him, tell him what to do and totally take control!"

Want to be a Nuts model? Only work with official *Nuts* staff. If you're approached by a photographer, call us on 020 3148 6927 to confirm they're genuine.

"My boobs got me off a speeding ticket!"

TURN TO VOTE FOR OUR NEXT BEDROOM BABE!

NUTS PROMOTION

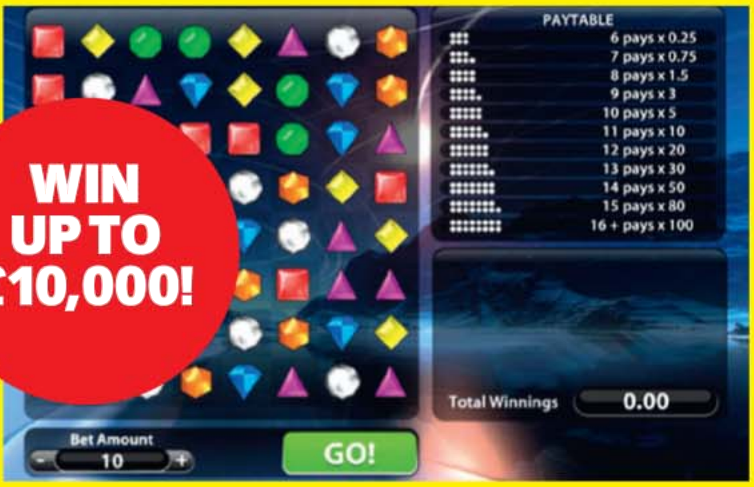
PLAY BEJEWELED® HYPERCASH AND YOU COULD

WIN BIG!

Nuts GAMES

Turn Bejeweled® Gems into Big Money Wins!

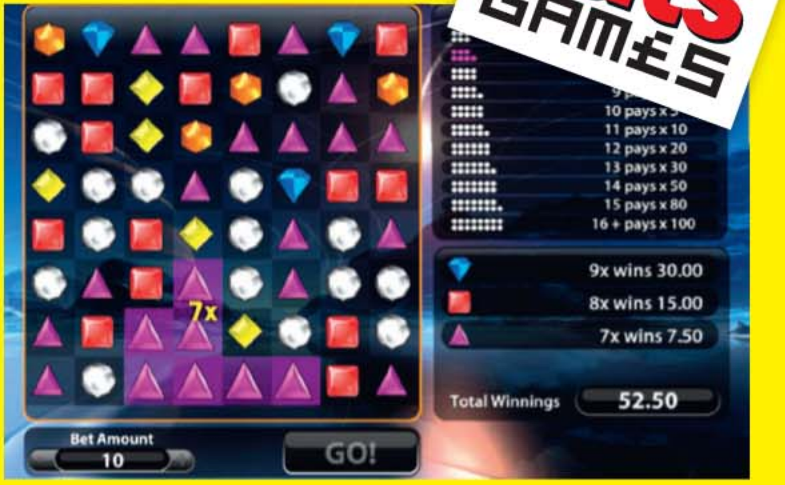
WIN UP TO £10,000!


PAYTABLE
6 pays x 0.25
7 pays x 0.75
8 pays x 1.5
9 pays x 3
10 pays x 5
11 pays x 10
12 pays x 20
13 pays x 30
14 pays x 50
15 pays x 80
16 + pays x 100

Total Winnings 0.00

Bet Amount 10

1. Choose your stake and click GO!


10 pays x 5
11 pays x 10
12 pays x 20
13 pays x 30
14 pays x 50
15 pays x 80
16 + pays x 100

9x wins 30.00
8x wins 15.00
7x wins 7.50

Total Winnings 52.50

Bet Amount 10

2. Six matching gems or more win cash

PAYTABLE
6 pays x 0.25
7 pays x 0.75
8 pays x 1.5
9 pays x 3
10 pays x 5
11 pays x 10
12 pays x 20
13 pays x 30
14 pays x 50
15 pays x 80
16 + pays x 100

9x wins 30.00
8x wins 15.00
7x wins 7.50

Total Winnings 52.50

Bet Amount 10

3. Exploding hypercubes could bring even bigger wins

PAYTABLE
6 pays x 0.25
7 pays x 0.75
8 pays x 1.5
9 pays x 3
10 pays x 5
11 pays x 10
12 pays x 20
13 pays x 30
14 pays x 50
15 pays x 80
16 + pays x 100

8x wins 15.00

Bet Amount 10

4. Turn gems into big money wins now!

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BEDROOM BABES!

Vote for your favourite – and she'll star in *Nuts*!

Vote for your favourite at **www.nuts.co.uk/girls**

Ladies, send us your pictures! Send your photos to Real Girls UK, *Nuts*, 4th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU. Or email nutsgirls@ipcmedia.com. You must be at least 18 years old.

ONLY IN Nuts!

Jessica

21, Newcastle, student

"I'd like a different first date. Something like an aquarium, then a cool champagne bar!"

Amber

22, Essex, student

"To make a man remember me, I'd give him a kiss that'd leave him wanting more!"

Brittney

19, Kent, hairstylist

"I'm a catch because I'm sure to make you laugh, which isn't something all girls can do!"

Emily Jane

20, Ammanford, florist

"My best features are my boobs, although my hair gets lots of compliments as well!"

PAGE 74-75: PHOTOS: NIGEL CRANE
STYLING: SARAH COOK HAIR & MAKE-UP: JO ADAMS

Vote now to see more of your favourite girl!

The winner gets her own Bedroom Babes shoot in a future issue of *Nuts*!
Choose the girl you think is the hottest, go to **www.nuts.co.uk/girls**, click on the "Bedroom Babes" bit and vote for her. It's as simple as that!

REAL GIRLS, REAL PLACES!

ONLY IN Nuts!

Ladies, would you like *Nuts* to hang out with you for the day? Email a photo and a bit of info about yourself to nutsgirls@ipcmedia.com or write to Real Girls UK at the address on page 68. You must be at least 18 years old.

THIS WEEK:

Name: Leah

Age: 23

Boobs: 32C. "My friends think they're nice!"

Likes: "Men in uniform!"

Ever kissed a girl? "Yes, all my girlfriends!"

Strangest place you've had sex? "On the beach on holiday!"

Sex tip: "Take things nice and slow!"

Leah's luscious guide to Knebworth

We meet a hottie from Hertfordshire!

HELLO!

Leah on… sleeping!

"I need about eight hours sleep. I work early so I need to get to bed early. I'm a quiet sleeper and I don't move, so I'm comfy to share a bed with."

Leah on… her home!

"We're in Hertfordshire in the middle of nowhere, with just woods and deer for company! I'm a Geordie originally and I really miss Newcastle!"

Leah on… her boobs!

"I'm a 32C. I wish my boobs were bigger but all my friends love them – they think they're really round and pert. Oh well, best not complain then!"

Leah on… her lips!

"I can't repeat what people say about my lips because it's too rude! But I do get a lot of compliments because they're very full and very big!"

PHOTOS: ELLIS O'BRIEN

"I spend hundreds of pounds on undies!"

Leah on… keeping fit!

"I love eating chocolate and crisps. I've got a boxing bag and an exercise bike but I don't use them! Sex is great exercise and I get plenty of that!"

Leah on… her knickers!

"I buy a pair of knickers nearly every day, mostly boxer-style ones and thongs. I must spend hundreds of pounds a month on undies. I love them!"

Love
drama queen

Leah on… keeping cool!

"I'm not too much of a drama queen, honest! Well, maybe. I big things up more than I should, but I'm quite level-headed and easy-going."

Leah on… going out!

"My favourite drink is amaretto and cranberry, or champagne. I don't buy it but I always end up drinking it when I'm out. One glass and I'm tipsy!"

Leah on… getting ready!

"It takes me about an hour to get ready – I'm actually quite quick! I like to chill in the bath with candles and bubbles and wine… and me!"

THE XXXPENDABLES

HOLLY D **ANGEL LONG** **CATHY BARRY** **TAMMIE LEE** **MICHELLE MOIST**

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100% REAL STORIES!

TO OUR SECRETARY!

IT'S LOU!

CONFESSION OF THE WEEK!

'I dressed as a naughty nurse'

A few months ago, I pulled this great-looking guy in a bar and agreed to go back to his for a night of hot sex. Once there, we wasted no time in stripping off and getting down to it. I could feel myself getting wet from his kisses, and by the time his head was buried between my legs I was howling like crazy. He then asked if I'd wear a nurse's uniform. I'm always up for a bit of saucy fun so put it on. He ended up taking me from behind while I clung onto the headboard as it bashed into the wall. Imagine my shame when, in the morning, his sister burst into the room looking for her "work" uniform!

Becks, Guildford

'I dropped to my knees'

I was in my first year at Bristol Uni when I met a guy from the flat upstairs. He was one of those people I knew I'd end up in bed with, but it wasn't until a group night out a few months later that he got up the courage to kiss me. It was worth the wait! We rushed out of town and across the Clifton Suspension Bridge, but halfway across, I couldn't contain myself and dropped to my knees, taking him in my mouth and sucking away gently in a quiet alcove. The possibility of being spotted was a massive turn-on for us both and he soon blew his load! We'd just about got ourselves together when two policemen arrived to see what was going on! They said they'd had calls about a potential suicide attempt – obviously our huddle had been mistaken for a person in distress! I composed myself and assured the coppers that we weren't depressed at all!

Emma, Kent

'We took him in the shower'

A group of us went on a hen weekend this summer to Marbella. There was a huge group of boys that we met and one particular who I had my eye on. The only problem was that another single girl felt the same way about him. Over the week, he ended up snogging us both and on the last night, we thought we'd both lure him to ours for some fun. Having drinks in the hotel bar, I whispered to him that I'd love to get him alone. We went up to my room and to his surprise, my friend was already in there, naked. Pushing him into the bathroom, we turned the shower on and soaked his clothes. Within seconds he was between us, cupping and licking our breasts. I then pulled his trousers off and went down on him. My friend climbed up and straddled the bath so he could give her oral. We spent the next few hours pleasuring each other and then all went out clubbing. Everyone was saying that it was the best hen do ever – well, it certainly was for us!

Rachel, Essex

'My dad caught us in the bath'

My mum and dad went away for the weekend so I wasted no time in inviting my new boyfriend over to take advantage of the empty house. Their bathroom has this glass bath with jets and bubbles that fill from all sides. We stripped and dived straight in, kissing and splashing each other. Pulling me close, he kissed me for ages and I could feel his erection growing harder against my leg. I put my fingers around his shaft and slowly stroked him up and down. He groaned in pleasure and returned the favour by rubbing me slowly between my legs. Then I climbed on top of him and started pumping away. There was water everywhere! Suddenly, I heard a voice on the stairs and there was no time at all to dismount or cover up. My dad appeared in the doorway, and looked completely shocked! The see-through glass bath showed everything and needless to say, my new man was thrown out and told never to come back!

Sara, Herts

Win £50!

Ladies, send your raunchiest confessions to louise_prior@ipcmedia.com or to the address on page 68. The best one each week* wins £50! Come on, girls!

*EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE 68 APPLY

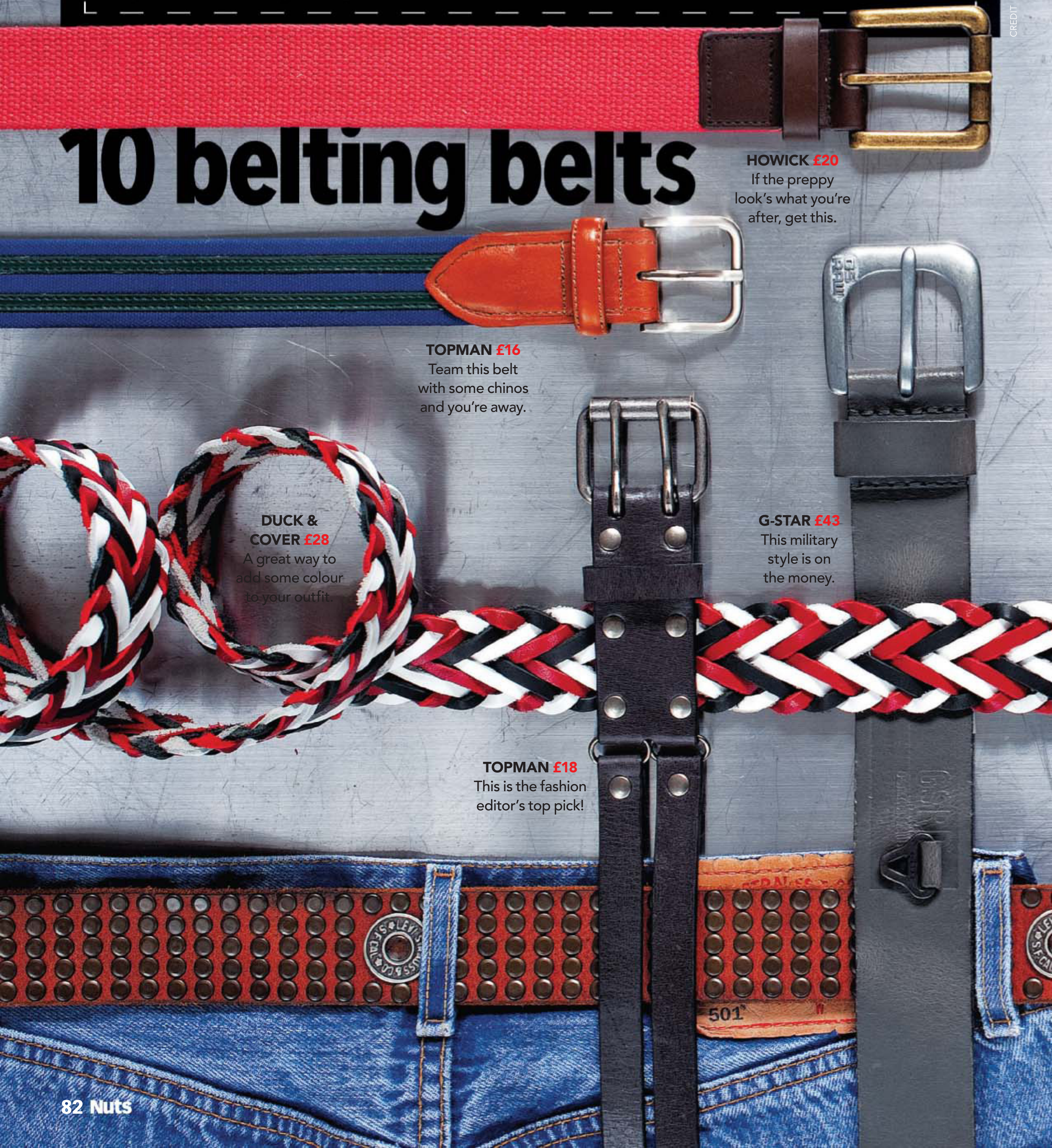
Nuts FASHION

Style that takes you up a notch

FASHION: STEVEN BUCHAN
GROOMING: DANIELLE GRAPH

CREDIT

10 belting belts



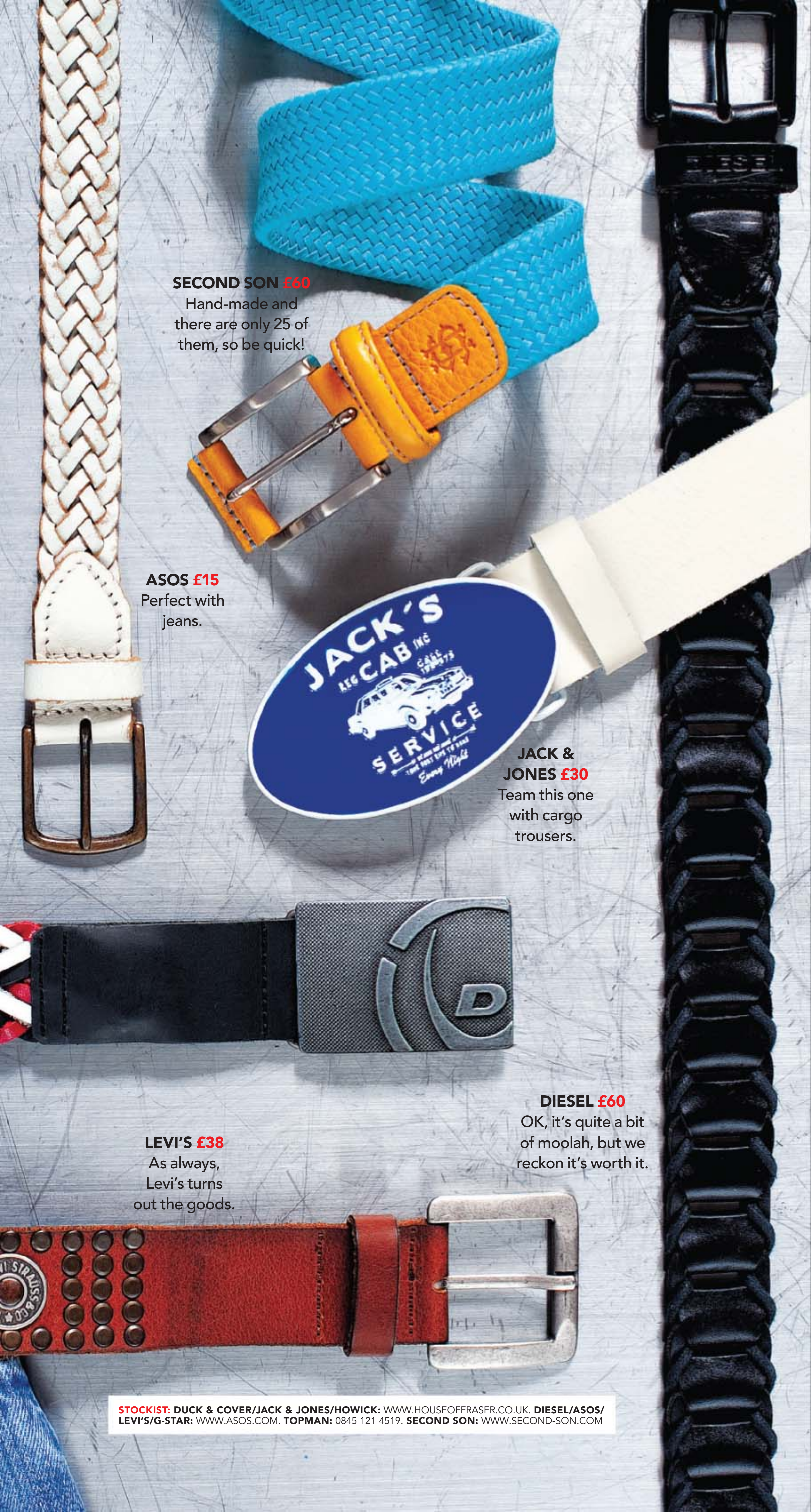
HOWICK £20
If the preppy look's what you're after, get this.

TOPMAN £16
Team this belt with some chinos and you're away.

DUCK & COVER £28
A great way to add some colour to your outfit.

G-STAR £43
This military style is on the money.

TOPMAN £18
This is the fashion editor's top pick!



SECOND SON £60
Hand-made and there are only 25 of them, so be quick!

ASOS £15
Perfect with jeans.

JACK & JONES £30
Team this one with cargo trousers.

DIESEL £60
OK, it's quite a bit of moolah, but we reckon it's worth it.

LEVI'S £38
As always, Levi's turns out the goods.

STOCKIST: DUCK & COVER/JACK & JONES/HOWICK: WWW.HOUSEOFFRASER.CO.UK. **DIESEL/ASOS/ LEVI'S/G-STAR:** WWW.ASOS.COM. **TOPMAN:** 0845 121 4519. **SECOND SON:** WWW.SECOND-SON.COM

5 NEW GROOMING PRODUCTS

L'EAU D'ISSEY POUR HOMME NOIR ABSOLU EDT £59
A brand-new interpretation of the classic smell. **Stockist:** www.debenhams.co.uk

TOMMY HILFIGER LOUD EDT £27
This vinyl-inspired bottle packs a punch with a sweet scent – perfect for a night out. **Stockist:** 08700 342566

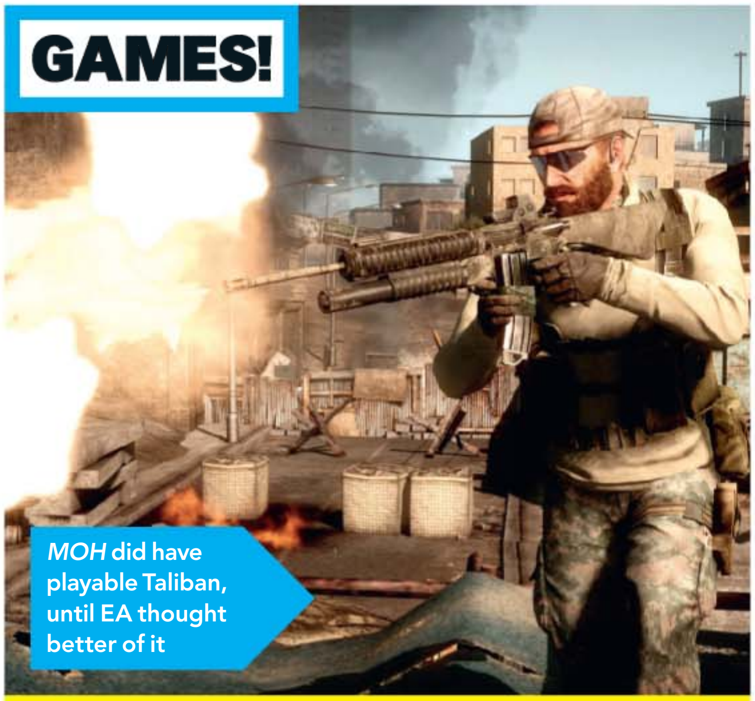
WILKINSON SWORD HYDRO SENSITIVE FOAM £3
From a range of shaving gels and creams to go with Wilkinson Sword's brand-new razor. **Stockist:** nationwide

LAB SERIES POWER PROTECTOR SPF 50 £42
For men who take skincare seriously, this is a top moisturiser. **Stockist:** www.labseriesformen.co.uk

BURBERRY BRIT LIMITED EDITION FOR MEN EDT £44
With ingredients like nutmeg, pine needles and incense, this has Crimbo all over it. **Stockist:** nationwide

Nuts REVIEWS

GAMES!



MOH did have playable Taliban, until EA thought better of it

MEDAL OF HONOR PC, PS3, XBOX 360

The original Second World War-based first-person shooter gets a belated update that shifts combat to present-day Afghanistan. So, should *Modern Warfare* be worried? Well, yes and no. This is no *Call Of Duty* beater, but it's still a solid and atmospheric shooter that takes on a difficult conflict and makes you feel heroic. The next one will be awesome. ★★★★

JOHN DALY'S PRO STROKE GOLF PS3, XBOX 360

It's no *Tiger Woods* but it's still good fun, nicely put together and worth a look. The PS3 Move makes it infinitely more fun, too. ★★★

WII PARTY NINTENDO WII

This year's mini-game fest takes out the Nintendo characters and uses your Miis instead, but there's still plenty to keep you amused. ★★★

APPS!

videojug.com

How To Moon Walk

02:14

Creative & Culture

How To Eat Sushi

04:11

Food & Drink

How To Tie A Tie - The Full Windsor Knot

03:01

Beauty & Style

How To Care For Bearded

VIDEOJUG IPHONE, ITOUCH, IPAD

Want to learn how to do… well, anything? Videojug gives you access to all kinds of helpful videos, from golfing to getting a girlfriend! ★★★★★

THE INBETWEENERS IPHONE, ITOUCH, IPAD

Laugh yourself silly with this top app that lets you listen to the genius quotes of Will, Simon, Jay and Neil in all their puerile glory. ★★★★

DVDS/BLU-RAY!

Shaun's character is based on the experiences of director Shane Meadows

THIS IS ENGLAND '86 CERT 15 DVD

If you missed Shane Meadows' brilliant four-part follow-up to 2006 film *This Is England* on Channel 4 recently, catch it in all its retro glory as the likes of Shaun, Lol and Woody make their way in an era of sky-high unemployment and a Hand of God assisted World Cup exit. By turns humorous, touching and shocking, this is one of the best British dramas of the year. ★★★★★

MACGRUBER CERT 15 DVD & BLU-RAY

Top slapstick laughs starring Will Forte as a special ops agent out to thwart terrorist Dieter von Cunth (snigger!), played by Val Kilmer. ★★★★

THE CLEVELAND SHOW: SEASON 1 CERT 15 DVD & BLU-RAY

The first series of the *Family Guy* spin-off that's not quite as brilliant as its parent show, but isn't far off. Still pretty ace then! ★★★★

30 DAYS OF NIGHT: DARK DAYS CERT 18 DVD

Kiele Sanchez heads a gang of vampire hunters out to avenge the death of her husband. A solid slice of slam-bang horror. ★★★

MUSIC!

MAGNETIC MAN MAGNETIC MAN

Top dubstep blokes Skream and Benga, who we've heard of, and Artwork, who we haven't, team up for an ace album of mad beats and honking basslines. ★★★★

ROBBIE WILLIAMS IN AND OUT OF CONSCIOUSNESS

What? We thought he'd rejoined *Take That*. Oh well, this is Robbie doing what he does best – slightly smug big pop with anthemic choruses and that. ★★★

REVIEWS: RORY BUCKERIDGE, DAN BRIGHTMORE, MIKE HALL, PETE CASHMORE

MOVIES!

Justin Timberlake plays bad-boy Napster file-sharing entrepreneur Sean Parker

Facebook has over 500 million members, with Zuckerberg now worth $7billion!

THE SOCIAL NETWORK CERT 12A

Compelling college campus drama about the birth of Facebook, with Jessie "*Zombieland*" Eisenberg as billionaire boffin Mark Zuckerberg, and Brit actor Andrew Garfield as the best friend he betrays. David Fincher directed classics such as *Se7en*, and armed with a top script from *West Wing* writer Aaron Sorkin turns the true-life story of a geek who would inherit the earth into a cracking flick. ★★★★

WALL STREET: MONEY NEVER SLEEPS CERT 12A

Michael Douglas returns as Gordon Gekko in Oliver Stone's cracking sequel to his Oscar-winning "greed is good" '80s drama. ★★★★

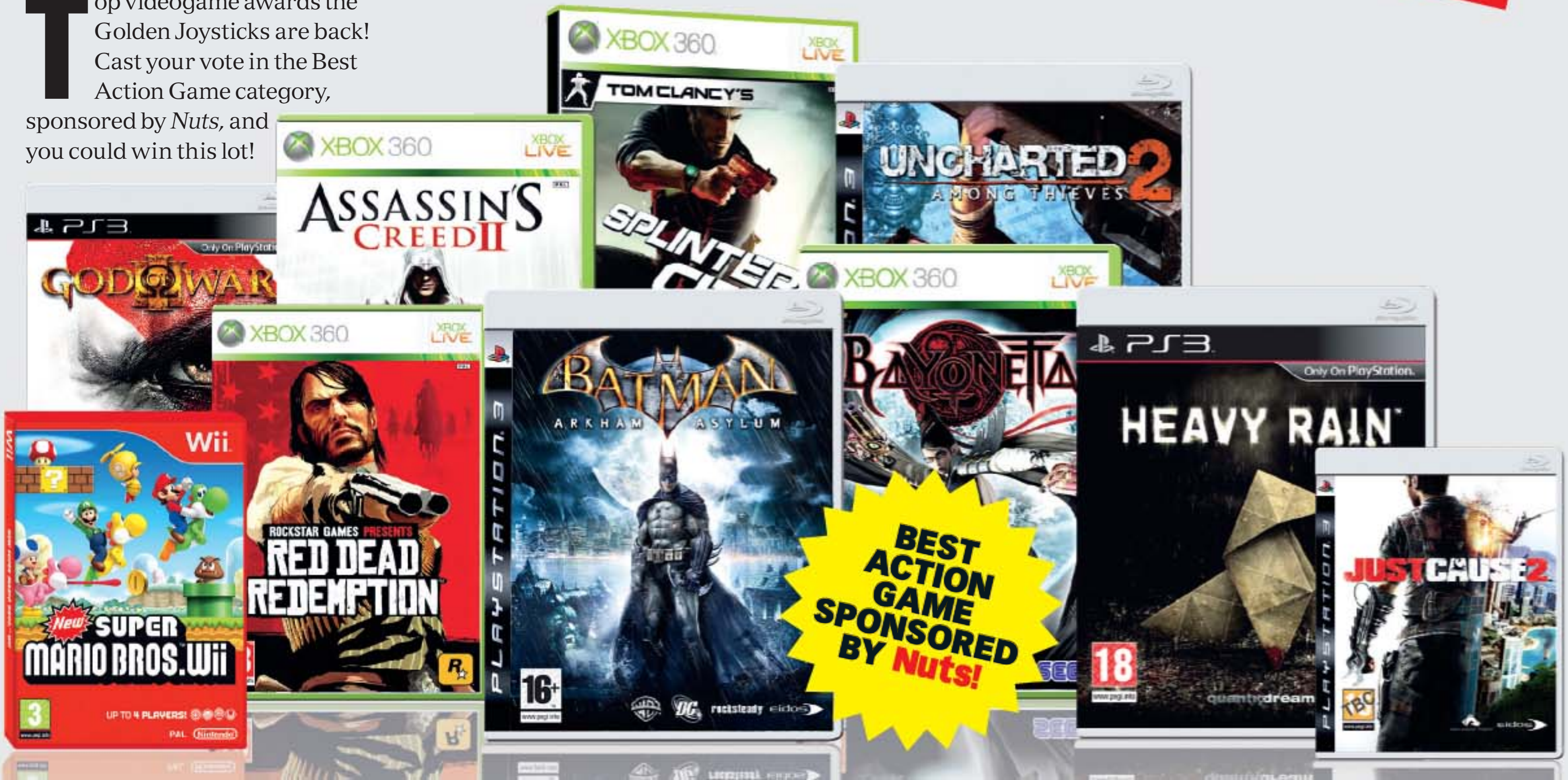
Nuts PROMOTION

Win all these games!

Vote in the Golden Joysticks and nab the lot!

VOTE NOW! NUTS.CO.UK/ GOLDENJOYSTICKS

Top videogame awards the Golden Joysticks are back! Cast your vote in the Best Action Game category, sponsored by *Nuts*, and you could win this lot!


XBOX 360
TOM CLANCY'S SPLINTER CELL
UNCHARTED 2 AMONG THIEVES
ASSASSIN'S CREED II
GOD OF WAR
XBOX 360
RED DEAD REDEMPTION
BATMAN ARKHAM ASYLUM
BAYONETTA
HEAVY RAIN
JUST CAUSE 2
New SUPER MARIO BROS. Wii
BEST ACTION GAME SPONSORED BY Nuts!

Nuts TV

Seven days of brilliant telly for blokes!

TV PICK OF THE WEEK!

SATURDAY!

Bisping's back!

UFC 120, ESPN, 8pm

Prepare for battle as Britain's Michael Bisping takes on Yoshihiro Akiyama, while Dan Hardy battles Carlos Condit. Come on, lads!

BBC ONE

6am

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer **11.00** To Buy or Not to Buy (R) **11.30** Cash in the Attic (R) **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Diagnosis Murder (R) **3.00** BBC News, Weather, Regional News **3.05** CBBC **5.15** Weakest Link **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7pm

7.00 The One Show
Topical gassing.

7.30 Real Rescues
Cliched rescue alert: a cat becomes trapped on a roof. (R)

8.00 EastEnders
Frowny Londoners argue with each other in between guzzling jellied eels.

8.30 QI
Head-scratching giggles with guests Ross Noble and Sean Lock.

9.00 New Tricks
Same old rubbish.

10.00 BBC News, Weather

10.35 Best of Would I Lie to You? (And Unseen Bits)
Highlights from the third series. (R)

11.05 The National Lottery Draws

11.15 Flashbacks of a Fool
FILM Offbeat British drama starring Daniel Craig and Harry Eden.

1am

1.05am Sign Zone: Gears and Tears (R) **1.35** Gareth Malone's Extraordinary School for Boys (R) **2.35** Who Do You Think You Are? (R) **3.35-6.00am** News

BBC TWO

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.30** Animal Park (R) **12.00noon** Daily Politics **12.30pm** GMT with George Alagiah **1.00** Castle in the Country (R) **1.30** Ready Steady Cook (R) **2.15** Car Booty **3.00** Monk **3.45** Flog It! (R) **4.30** Pointless **5.15** Escape to the Country (R) **6.00** Eggheads **6.30** Strictly Come Dancing – It Takes Two

7.00 The Culture Show: A Contemporary Art Special

7.30 Priceless Antiques Roadshow
A bloke reveals how a prized find was snatched from his grasp. Drat. (R)

8.00 Mastermind
Head-scratching, minus the giggles. Boo!

8.30 Gardeners' World
Weed-digging dross.

9.00 Norman Wisdom: His Life and Times
Profile of the pocket-sized comedy actor, who died earlier in the month.

10.00 The Rob Brydon Show
With Lucy Porter and Paloma Faith.

10.30 Newsnight

11.00 The Review Show

11.50 Later with Jools Holland
With shouty popsters the Ting Tings.

12.50-2.25am Metropolitan
FILM Comedy starring Edward Clements and Carolyn Farina.

itv 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women: *With Russell Kane.* **1.30** ITV News **1.55** Regional News, Weather **2.00** 60 Minute Makeover **3.00** Dickinson's Real Deal **4.00** Midsomer Murders (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

7.00 Emmerdale
Manure-related misery.

7.30 Coronation Street
And speaking of misery.

8.00 Cheetah Kingdom
Hand-reared African wild dogs are released into the wild, and a leopard is trapped on a farm. Er, cheetahs?

8.30 Coronation Street
Rosie sets the kitchen on fire with her hair straighteners. The big clot.

9.00 Paul O'Grady Live
With Michael McIntyre and Harry Hill.

10.00 ITV News, Weather

10.35 American Pie Presents Band Camp
FILM An obnoxious teenager is punished for a practical joke by having to spend the summer with the musical nerds at band camp.

12.20am The Zone
Shopping and interactive gaming.

2.20 **FILM** The Black Windmill: *Espionage thriller starring Michael Caine and John Vernon.* **4.45-5.30am** ITV Nightscreen

REGIONAL VARIATIONS

BBC1 SCOTLAND: 7.30pm Bang Goes the Theory **BBC1 NORTHERN IRELAND: 1.05am** Sign Zone: Panorama **BBC1 WALES: 7.30pm** Bang Goes the Theory **BBC2 SCOTLAND: 7.00pm** Landward **7.30** Eòrpa **11.50** Mod **12.35am** Later with Jools Holland **1.35am** **FILM** Metropolitan: *Comedy starring Edward Clements and Carolyn Farina.* **BBC2 NORTHERN IRELAND: 7.30pm** In Your Corner **9.00pm** Dragons' Den: What Happened Next? **BBC2 WALES: 7.00pm** **SPORT** Sport Wales **7.30pm** The Culture Show: A Contemporary Art Special **STV: 8.00pm** Postcode Challenge **10.30** **SPORT** STV

TODAY'S SPORT

sky SPORTS 1

6.00am Aerobics **6.30** Urban Ride
7.00 LIVE Tennis
3.00pm Urban Ride
3.30 Sailing
4.00 Ringside (HD)
5.00 Premier League World (HD)
5.30 Football League Weekend (HD)
6.30 Premier League Preview (HD)
7.00 Sky Sports News at Seven (HD)
7.30 LIVE Rugby Union (HD)
10.00 Take It Like a Fan
10.30 Premier League Preview (HD)
11.00 Football League Weekend (HD)
12.00m't Victory Shield Football (HD)
2.00am Take It Like a Fan
2.30 Football League Weekend (HD)
3.30 Premier League Preview (HD)
4.00 Ringside (HD)
5.00 Sky Sports Classics
5.15-7.30am LIVE Rugby League: *New Zealand Maori vs England.*

sky SPORTS 2

6.00am Good Morning Sports Fans (HD)
9.00 Ringside (HD)
10.00 IAAF Athletix Weekly
10.30 Premier League World (HD)
11.00 Aerobics
11.30 Racing News
12.00noon Transworld Sport
1.00pm Race World
2.00 Ringside (HD)
3.00 WWE: Raw (HD)
5.00 NFL: Total Access
6.00 World Sport
6.30 Tight Lines
7.30 LIVE Football (HD)
9.30 World Sport
10.00 Tight Lines
11.00 Ice Hockey
12.00m't Rugby Union (HD)
2.30am Tennis (HD)
4.30 Tight Lines
5.30-6.00am World Sport

ON DIGITAL, SATE

FILM4 (315)

6.50pm The Family Stone: *Comedy drama with Sarah Jessica Parker.* **9.00** Walk the Line: *Biopic of Johnny Cash starring Joaquin Phoenix.* **11.35** Lucky Number Slevin: *Crime thriller starring Josh Hartnett.* **1.40-3.40am** Solaris: *Sci-fi drama starring George Clooney.*

COMEDY CENTRAL (126)

7.00pm The King of Queens **7.30** Mike & Molly **8.00** Two and a Half Men **9.00** Michael McIntyre: Live & Laughing **10.25** South Park **10.55** **FILM** Bad Boys II: *Comedy thriller sequel starring Will Smith.*

ESPN

7.00pm Goal! **7.30** LIVE Bundesliga **9.30** Premier League Preview **10.00** UFC **11.00** Poker **12.00m't** BMX Supercross **12.30am** LIVE NHL Ice Hockey **3.00** UFC Unleashed **4.00-6.00am** LIVE Major League Soccer

4

6.00am Sali Mali (R) **6.05** The Treacle People (R) **6.15** Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond (R) **8.25** Frasier (R) **8.55** Friends (R) **9.25** Coach Trip (R) **12.00noon** Channel 4 News Summary **12.05pm** A Place in the Sun: Home or Away (R) **1.10** FILM Santa Fe Passage: *Western adventure.* **2.55** Wogan's Perfect Recall **3.25** Countdown **4.10** Deal or No Deal **5.00** Come Dine with Me **5.30** Jamie's 30 Minute Meals **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 News

7.25 4thought.tv

7.30 Unreported World
Overpopulation in Manila.

8.00 Come Dine with Me
"Sprouts? But I *hate* sprouts!" etc.

9.00 Davina McCall: A Comedy Roast
Well-known faces pay tribute to the loud-mouthed former *Big Brother* presenter.

10.00 8 Out of 10 Cats
MUST-SEE It's the last in the series. Noo!

10.55 The Inbetweeners
Will is left home alone. Cue predictable carnage and the usual hilarity. Brilliant!

11.30 Jason Manford: Live
A 2009 performance by the comedian at the Manchester Apollo. (R)

12.35am Music on 4: Abbey Road Debuts

12.50 Mumford & Sons: Gentlemen of the Road

1.05 On Track (R) **1.20** Hung (R) **1.50** Hung (R) **2.20** Studio 60 on the Sunset Strip (R) **3.05** Afterworld (R) **3.30** This Top 20 **5.30-6.15am** Countdown (R)

FIVE

6.00am Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.40** House (R) **12.35pm** Five News **12.40** Meals in Moments (R) **12.50** Police Interceptors (R) **1.45** Neighbours **2.15** Home and Away **2.50** I Own Britain's Best Home: Flying Visit (R) **3.05** Undue Influence (R) **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7.00 Five News at 7

7.30 Fifth Gear
Tiff Needell tests Porsche's Cayman against the Lotus Evora. Lucky old him!

8.00 Eddie Stobart: Trucks and Trailers
The drivers transport polo ponies.

9.00 The Mentalist
MUST-SEE The excellent crime drama following smug police consultant Patrick Jane returns! Hurrah! Jane contemplates his future with the team following his confrontation with serial killer Red John.

10.00 Law & Order: Special Victims Unit
A woman accuses her estranged husband of breaking into her home and raping her.

11.00 CSI: Miami
Delko witnesses a bank robbery that ends in a shootout. Cool! (R)

12.00m't SuperCasino
Live interactive gaming.

4.05 SPORT Motorsport Mundial **4.30** How to Take Stunning Pictures (R) **4.55** Rough Guide to Islands (R) **5.10-6.00am** Michaela's Wild Challenge (R)

sky1

6.00am The Biggest Loser US (R) **7.00** Brainiac: Science Abuse (R)(HD) **8.00** Best of Oops TV (R) **9.00** Zoo Vet at Large (R) **9.30** Zoo Vet at Large (R) **10.00** Bones (R)(HD) **11.00** Kim's Rude Awakening (R)(HD) **11.30** New Parent Nightmares (R)(HD) **12.00noon** The Biggest Loser US **1.00pm** Project Runway (R) **2.00** Bones (R)(HD) **3.00** Stargate Atlantis (R)(HD) **4.00** Stargate Atlantis (R)(HD) **5.00** SPORT WWE Superstars **6.00** Oops TV (R) **6.30** The Simpsons (R)

7.00 The Simpsons
Bart gets into bother for vandalising Flanders' Beatles memorabilia. (R)

7.30 The Simpsons
Bounty hunter Ned tracks down Homer after he skips bail. (R)

8.00 Oops TV
Home videos and out-takes.

9.00 House
An apparently healthy girl collapses, causing much brow-furrowing. (R)(HD)

10.00 Thorne: Sleepyhead
Brilliant crime drama starring David Morrissey. Make sure you catch the second part on Sunday! (R)

11.00 Stargate Universe
The battle between the crew and the Lucian Alliance rages on. (R)(HD)

12.00m't Football's Greatest
Baldy France star Zinedine Zidane. (R)

12.30am Road Wars (R)

1.25 Road Wars (R) **2.15** Street Wars **3.05** Oops TV (R) **3.30** Lost (R)(HD) **4.20** Lost (R)(HD) **5.10-6.00am** Are You Smarter Than a 10 Year Old? (R)(HD)

Sports Centre: Friday Night Football **11.00** STV News and Weather **11.15** Swingtown **12.05am** Brain Box **1.00** The Rockford Files **2.00-5.30am** The Nightshift **ULSTER: 10.35pm** Swingtown **11.35** Duty Free: *Robert warns his wife off David.* **12.00m't** Star Bites **12.05am** Brain Box **2.25am** Countrywise

LLITE AND CABLE TV TONIGHT

1.40am Comedy Central at the Comedy Store **2.10** South Park: *Brill laughs.* **3.10** Grouchy Young Men **3.40** Two and a Half Men **4.05** Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier

DISCOVERY (520)
6.00pm Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** The Truth Behind **10.00** I Shouldn't Be Alive **11.00** Trawler Wars **12.00m't** Bear Grylls: Born Survivor **1.00am** SPORT Swords: Life on the Line **2.00** Mark Williams on the Rails **3.00** Weaponology **3.50** Nasa's Greatest Missions **4.40** Days That Shook the World **5.30-6.00am** How Does That Work?

BBC3 (115)
7.00pm Doctor Who **8.30** The Real Hustle: Celebrity Scammers **9.00** Little Britain **9.30** The King Is Dead **10.00** EastEnders **10.30** Don't Tell the Bride **11.30** Family Guy **12.15am** Little Britain

12.45 Him and Her **1.15** The King Is Dead **1.45** Are You Fitter Than a Pensioner? **2.45** The Real Hustle: Celebrity Scammers **3.15** Don't Tell the Bride **4.15-4.45am** Him and Her

E4 (136)
7.00pm Hollyoaks **7.30** Friends **9.00** How to Look Good Naked **10.00** FILM Me, Myself & Irene: *Comedy starring Jim Carrey and Renée Zellweger.* **12.20am** Scrubs **1.20** How to Look Good Naked **2.15** Reno 911! **2.40** What About Brian **4.00** Accidentally on Purpose **4.25-6.00am** Switched

DAVE (111)
6.40pm Have I Got News for You **7.20** QI **8.00** Top Gear **9.00** Have I Got News for You **9.40** QI XL **10.40** Mock the Week **11.20** Dave's One Night Stand **12.20am** Have I Got News for You **1.00** QI XL **1.55-3.00am** Never Mind the Buzzcocks

MTV (350)
7.00pm Randy Jackson's America's Best Dance Crew **8.00** Celebrity Bites **8.30** MTV Live **9.00** Gonzo **10.00** Coldplay: Storytellers **11.00** World Stage **12.00m't** South Park **1.00am** Jersey Shore **3.00-6.00am** All the Hits

SYFY (129)
7.00pm A Town Called Eureka **8.00** Warehouse 13 **9.00** Haven **10.00** FILM The Myth: *Comedy adventure starring Jackie Chan.* **12.30am** FILM Stir of Echoes: *Psychological thriller starring Kevin Bacon.* **2.30** 3rd Rock from the Sun **3.00** Mysterious Ways **4.00** Quantum Leap **5.00-6.00am** Smallville

FX (164)
7.00pm NCIS: *Double-bill.* **10.00** MUST-SEE Dexter **11.05** Burn Notice **12.05am** Farscape **1.05** Babylon 5 **2.05** ReGenesis **3.05-4.05am** Water Rats

TODAY'S MUST-SEES

"I know… my iron's broke"

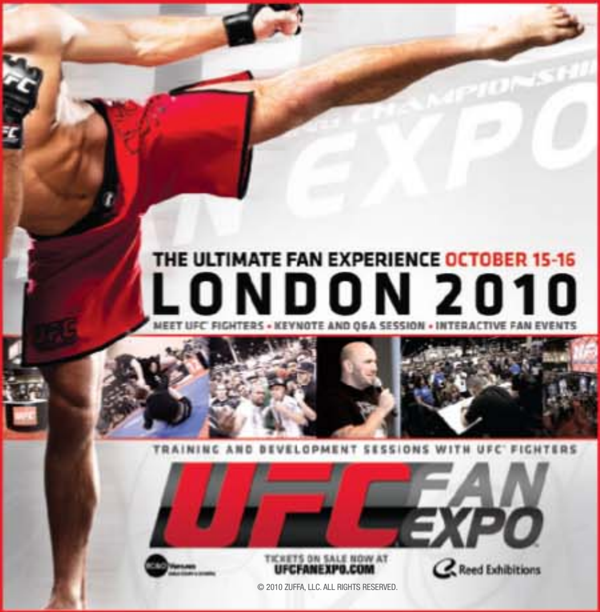
The Mentalist Five, 9pm

DRAMA Patrick Jane is back and he's still a consultant for the California Bureau of Investigation. He's there to find out who Red John is – the nutter who killed his missus and kid. But today, he's not playing ball with the CBI. ★★★★

"Can you work out whether I'm past it or not?"

8 Out Of 10 Cats Channel 4, 10pm

COMEDY Well, that short series came and went all too fast for our liking. In this final episode, guests include Carol Vorderman (we would) and Russell Kane (we wouldn't). Come back soon, we're missing you already! ★★★★★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NutsTV

BBC ONE

6am

6.00am Breakfast **10.00** Saturday Kitchen Live **11.30** Nigella Kitchen (R) **12.00noon** BBC News, Regional News, Weather **12.15pm** SPORT Football Focus **1.00** Cash in the Attic (R) **1.55** Bargain Hunt (R) **2.45** FILM 101 Dalmatians: *Live-action flick about a load of spotty dogs.* **4.20** SPORT Final Score **5.15** BBC News, Regional News, Weather **5.30** Walk on the Wild Side **6.00** Strictly Come Dancing

7pm

7.45 Merlin
Arthur is pressured to enter into an arranged marriage to a visiting princess.

8.35 National Lottery Saturday Draws
Ball-plucking fun.

8.45 Casualty
"Help, my mate's head's fallen off!" etc.

9.35 BBC News, Weather

10.00 Michael McIntyre's Comedy Roadshow
MUST-SEE With *Mighty Boosh* bloke Noel Fielding.

10.30 Match of the Day
SPORT Jug-eared crisp snaffler Gary Lineker presents action from Villa vs Chelsea and Man United vs West Brom. Sounds good to us.

11.50 The Football League Show
SPORT Goals from today's games in the lower leagues.

1am

1.15am BBC News **5.45-7.00am** LIVE MotoGP: *The Australian Grand Prix.*

BBC TWO

6.00am CBeebies **7.00** CBBC **12.00noon** BBC Switch: The Cut **12.25pm** The Cut **12.50** No Hats, No Trainers **1.15** Shelfstackers **1.40** The 5:19 Show **2.00** Single, Together, Whatever (R) **2.30** Coast **2.45** FILM On the Beat **4.25** FILM Press for Time: *Comedy.* **6.05** Wonderland: The Secret Life of Norman Wisdom Aged 92 3/4 (R) **6.45** Hollywood Greats (R)

7.30 Dad's Army
The platoon almost get blown up. (R)

8.00 Renaissance Revolution
NEW Matthew Collings examines some really old painting.

9.00 Have I Got a Bit More News for You
Satirical current affairs quiz.

9.45 QI XL
Animal names that begin with the letter H. We know of a cat called Horace.

10.30 The Rob Brydon Show
With fun-sized comic Ronnie Corbett. (R)

11.00 Genius
Inventions include a stress-free way of dipping nachos. Superb! (R)

11.30 Sweet Smell of Success
FILM Black comedy drama with Burt Lancaster and Tony Curtis.

1.05-3.05am FILM In My Father's Den: *Mystery drama with Matthew Macfadyen.*

ITV 1

5.30am ITV News **6.00** CITV **10.00** FILM Columbo: Murder Under Glass **11.30** This Morning: Saturday **12.30pm** News, Weather **12.35** Best Ever Worst Auditions (R) **1.35** FILM Looney Tunes: Back in Action **3.15** FILM From Russia with Love: *James Bond adventure starring Sean Connery.* **5.20** Regional News, Weather **5.30** ITV News **5.45** All Star Family Fortunes **6.30** New You've Been Framed!

7.00 Harry Hill's TV Burp
MUST-SEE The funniest show about telly on telly.

7.30 The X Factor
MUST-SEE The second live studio round. And you know what that means. Yep, vaguely competent performances. Boo! Still fun, though.

10.00 Piers Morgan's Life Stories: Russell Watson
The classical singer reveals how he overcame two brain tumours.

11.00 ITV News, Weather

11.15 An Audience with Celine Dion
Mute the sound if you're interested in keeping your windows intact. (R)

12.15am Dating the Enemy
Another unlikely couple test their compatibility. (R)

12.45 The Zone
Shopping and interactive gaming.

2.45 Sons and Daughters: *US sitcom.* **3.10-5.30am** ITV Nightscreen

4

6.15am Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** World Sport **7.25** Freesports on 4 **7.55** Morning Line **8.50** T4: One Tree Hill (R) **9.50** Ugly Betty (R) **10.45** The Hollyoaks Music Show **11.15** Black Eyed Peas: Real Stories **12.20pm** The Social Network: T4 Movie Special **12.45** Scrubs (R) **1.15** That Paralympic Show **1.45** LIVE Channel 4 Racing. **3.55** Come Dine with Me Extra Portions (R) **6.00** News **6.25** 4thought.tv **6.30** FILM Master and Commander: The Far Side of the World: *Epic seafaring adventure.*

9.00 The Pillars of the Earth
NEW Drama based on a book about the building of a cathedral in the mid-12th century. Doesn't sound amazing, but Ridley Scott's one of the producers, while Donald Sutherland and Ian McShane star.

11.10 A Mighty Heart
PREMIERE Gripping documentary-style drama based on the kidnapping and murder of a journalist by Islamic extremists in Pakistan in 2002.

1.10am FILM Aa Ab Laut Chalen: *Indian romantic musical.* **4.20** Drifting (R) **4.35** The OC (R) **5.15-6.00am** Countdown (R)

FIVE

6.00am Milkshake! **10.00** Fifth Gear (R) **10.30** The Gadget Show (R) **11.30** Rory and Paddy's Even Greater British Adventure (R) **12.30pm** World's Most Extreme Airports (R) **2.00** FILM The Mirror Has Two Faces: *Romantic comedy starring Barbra Streisand and Jeff Bridges.* **4.30** FILM Kelly's Heroes: *Second World War action comedy starring Clint Eastwood.*

7.10 Five News

7.15 The Mentalist
Jane contemplates his future with the team following his confrontation with pesky serial killer Red John. (R)

8.05 NCIS
A woman claims to have witnessed a murder, but a lack of evidence causes McGee to think she's telling porkies. (R)

9.00 CSI: Crime Scene Investigation
A rodeo star's death proves more complicated than it seems. (R)

10.00 CSI: Crime Scene Investigation
A bassist in a country music band is electrocuted mid-song. Ouch! (R)

11.00 CSI: Miami
Horatio investigates an arson attack. (R)

11.55 Cops in Crisis
Stressed-out bobbies talk about various hair-raising incidents. (R)

12.10am SuperCasino
Interactive gaming.

4.05 Fifth Gear (R) **4.30** House Doctor (R) **4.55** The Family Recipe (R) **5.00** Hana's Helpline (R) **5.10-6.00am** Milkshake!

REGIONAL VARIATIONS

BBC2 SCOTLAND: 6.30-8.00pm The Culture Show: A Contemporary Art Special **9.40** QI XL **10.25** Wide Open Spaces **11.50** The Rob Brydon Show **12.20am** Genius with Dave Gorman **12.50-2.50am** FILM In My Father's Den: *Mystery drama starring Matthew Macfadyen and Emily Barclay.* **STV: 11.15pm** An Audience with Donny and Marie **12.15am** Brain Box **1.00** FILM TimeCop: The Berlin Decision: *Sci-fi thriller sequel starring Jason Scott Lee and Thomas Ian Griffith.* **2.30-5.30am** The Nightshift

ULSTER: 11.15pm Comedy Classics: Doctor in the House **11.45** UTV Rewind **12.00m't** Brain Box **2.30am** FILM The Pianist: *Holocaust drama starring Adrien Brody.* **5.00-5.30am** ITV Nightscreen

TODAY'S SPORT

sky SPORTS 1

7.30am LIVE Rugby Union: *Wellington vs Taranaki, kick-off 7.35am.*
9.30 LIVE Tennis: *The first Shanghai Masters semi-final in, er, Shanghai.*
11.30 Champions League Weekly (HD)**12.00noon** World Sport
12.30pm Sailing
1.00 LIVE Rugby Union: *Edinburgh vs Northampton, kick-off 1.30pm.* (HD)
3.15 LIVE Rugby Union: *Munster vs Toulon, kick-off 3.30pm.* (HD)
5.30 LIVE Rugby Union: *Saracens vs Leinster, kick-off 5.45pm.* (HD)
8.30 LIVE Boxing: *Sam Webb vs Martin Concepcion at the Troxy in London.* (HD)
10.30 Tennis (HD)
12.30am Champions League Weekly (HD) **1.00** Spanish Football (HD) **2.30** Boxing (HD) **4.30** Champions League Weekly (HD) **5.00** IEX Magazine
5.30-6.00am Take It Like a Fan

sky SPORTS 2

6.00am Ringside (HD)
7.00 Take It Like a Fan
7.30 Football League Weekend (HD)
8.30 Champions League Weekly (HD)
9.00 Premier League Preview (HD)
9.30 Take It Like a Fan
10.00 Soccer AM
12.00noon Take It Like a Fan
12.30pm Urban Ride
1.00 LIVE Tennis: *The seventh day of the Shanghai Masters in China, with the second singles semi-final.*
3.00 NFL: America's Game
4.00 NFL: Total Access
5.00 Sky Sports Classics
5.15 LIVE Football: *Middlesbrough vs Leeds, kick-off 5.20pm.* (HD)
7.30 You're on Sky Sports!
8.25 Football First (HD)
4.15am Spanish Football (HD)
5.45-6.00am Sky Sports Classics

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)
6.50pm Star Trek III – The Search for Spock: *Sci-fi sequel with William Shatner.* **8.55** Star Trek Special **9.00** Star Trek IV: The Voyage Home: *Sci-fi adventure sequel starring William Shatner.* **11.20** Star Trek V: The Final Frontier: *Sci-fi sequel starring William Shatner.* **1.25am** PREMIERE Trekkies 2: *Documentary about Star Trek fans.* **3.20-3.30am** Star Trek Special

COMEDY CENTRAL (126)
7.00pm The King of Queens **8.00** Two and a Half Men **9.00** FILM Bad Boys II: *Comedy thriller sequel starring Will Smith and Martin Lawrence.* **11.45** Lee Evans: Big – Live at the O2 **12.55am** Comedy Central at the Comedy Store **1.25** South Park **2.25** Two and a Half Men **3.25** Rules of Engagement **4.20** Everybody Loves Raymond **5.10-6.00am** Frasier

ESPN
4.45pm MUST-SEE Premier League Football: *Aston Villa vs Chelsea.* **8.00** MUST-SEE UFC 120 **11.00** LIVE Major League Soccer **1.00am** Eredivisie **2.45** UFC **3.15** ESPN Kicks Extra **3.30-5.30am** LIVE Major League Soccer

DISCOVERY (520)
7.00pm Bear Grylls: Born Survivor **8.00** How It's Made **9.00** Greatest Tank Battles **10.00** River Monsters **11.00** How the Universe Works **12.00m't** I Shouldn't Be Alive **1.00am** Bear Grylls: Born Survivor **5.30-6.00am** How Does That Work?

BBC3 (115)
7.00pm Great TV Mistakes **7.20** Top Gear: *With goggle-eyed DJ Chris Evans.* **8.25** 2010 World Cup's Most Shocking Moments **10.25** Special 1 TV **10.30** Live at the Apollo **11.15** Family Guy **12.00m't** American Dad! **12.45am** Lip Service **1.45** 2010 World Cup's Most Shocking Moments **3.45** Special 1 TV **3.50** Lip Service **4.50-5.15am** Great TV Mistakes

E4 (136)
7.00pm The Big Bang Theory **7.30** How I Met Your Mother **7.55** Friends **9.00** FILM Die Hard: *Brilliant action thriller starring Bruce Willis.* **11.40** FILM Eraser: *Action thriller starring Arnold Schwarzenegger.* **1.55am** Reno 911! **2.20** How to Look Good Naked **3.20-6.00am** Hollyoaks

DAVE (111)
7.00pm The Gadget Show: *Two shows.* **8.00** Three Men in More Than One Boat **9.00** Men Behaving Badly: *Double-bill.* **2.15am** Never Mind the Buzzcocks **2.45-3.00am** SPORT Radical Highs

MTV (350)
7.00pm Celebrity Bites **7.30** On Set with Cheryl Cole **8.00** 16 and Pregnant **10.00** True Life **11.00** Celebrity Bites **11.30** On

sky1

6.00am Brainiac: Science Abuse (R)(HD) **7.00** Lion Man (R) **7.30** Lion Man (R) **8.00** Malcolm in the Middle (R)(HD) **9.00** Best of Oops TV (R) **10.00** SPORT Soccer AM **12.00noon** Oops TV (R) **1.00pm** Malcolm in the Middle (R)(HD) **2.00** Project Runway (R) **3.00** The Real A&E (R)(HD) **4.00** My Pet Shame (R)(HD) **5.00** Fat Families: Second Helpings (R)(HD) **6.00** Futurama (R) **6.30** The Simpsons (R)

7.00 The Simpsons
Homer gets a new job. (R)

7.30 The Simpsons
Maggie becomes obsessed with unlikely babysitter Moe. (R)

8.00 Obese at 16
A salad-dodging teenager attempts to lay off the pies for a while. (R)

9.00 The Mummy Returns
FILM Explorers Rick and Evelyn battle to save the world from the newly resurrected Imhotep. (HD)

11.30 Fringe
The team investigate when a box transforms people into a trance-like state before their death. We can only assume the box in question is a TV showing *Renaissance Revolution* on repeat. (R)(HD)

12.30am Classic Albums
The Band's self-titled debut album. (R)

1.50 Teenage Wives **2.40** Ross Kemp in Search of Pirates **3.30** Road Wars (R) **4.20** Don't Forget the Lyrics (R) **5.10-6.00am** Are You Smarter Than a 10 Year Old?

Set with Cheryl Cole **12.00m't** Fabulous Life Of **1.00am** 40 Naughtiest Celebrity Scandals **3.00-6.00am** All the Hits

SYFY (129)
7.00pm Haunted Homes **8.00** Fact or Faked: Paranormal Files **9.00** FILM The Myth: *Comedy adventure starring Jackie Chan.* **11.30** FILM The Butterfly Effect 2: *Fantasy thriller sequel starring Eric Lively.* **1.20am** FILM The Terminators: *Sci-fi thriller.* **3.00** Haunted Homes **4.00-6.00am** Thunderbirds

FX (164)
6.00pm The Listener **8.00** American Dad! **9.00** Better Off Ted **10.00** Robot Chicken: *A look at the Holy Grail.* **10.15** Family Guy: *Lois becomes a sex education teacher.* **11.15** Metalocalypse **11.30** Family Guy **12.30am** The Venture Brothers **1.00** American Dad! **2.00** Family Guy **3.00-4.00am** Better Off Ted

TODAY'S MUST-SEES

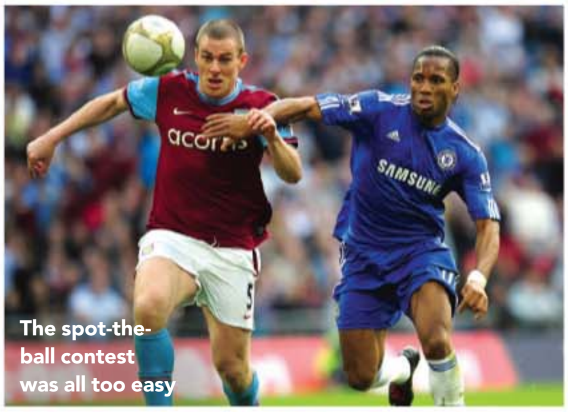
"What did you call my mum?"

PUNCH-UP!

UFC 120

ESPN, 8pm

SPORT Those Ultimate Fighting tough guys are heading our way as they compete at London's O2 arena. The main event sees Michael Bisping (near left) take on Japan's Yoshihiro Akiyama, who's looking to tarnish Bisping's perfect 15-0 UK record. Also on the bill is Dan Hardy, who fights American Carlos Condit as he looks to bounce back from defeat in his last bout. Expect blood, sweat and tears! And check out our interview with Bisping and Hardy on page 46! ★★★★★


The spot-the-ball contest was all too easy

Aston Villa vs Chelsea

ESPN, 4.45pm

SPORT There should be goals galore here, after Chelsea gained revenge for their 2-1 away defeat last season by thumping Villa 7-1 at the Bridge and then 3-0 in the FA Cup semi-final. ★★★★

Loose Women's new panel was its best ever

The X Factor

ITV1, 7.30pm

REALITY It's the second live studio round tonight, and we'd be surprised if Louis has any of his rubbish acts in the over-28 group left by the end of next week. On the plus side, there's always Cheryl to gawp at. She's a honey! ★★★

It was the yob teacher's favourite lesson

Harry Hill's TV Burp

ITV1, 7pm

COMEDY Our favourite slap-headed comedian takes a look back at the week's small-screen highlights. The great thing about this show is that as long as there's rubbish on the telly, it'll always be brilliant! ★★★★★

"Be honest – is my deodorant not working?"

Michael McIntyre's Comedy Roadshow

BBC1, 10pm

COMEDY He's squinty, he's hilarious and so are his guests, who include *Buzzcocks'* odd-but-funny dude, Noel Fielding! ★★★★

PREVIEWS: RICH JENKINS, MIKE HALL, GEORGE WALES, PETE CASHMORE PHOTOS: GETTY

NutsTV

	BBC ONE	BBC TWO	itv 1	4	FIVE
6am	**7.00am** Breakfast **7.40** SPORT Match of the Day: *Yesterday's action.* (R) **9.00** The Andrew Marr Show **10.00** Sunday Morning Live **11.00** Country Tracks **12.00noon** Regional Programme **1.05pm** Escape to the Country (R) **2.05** EastEnders **4.05** Lifeline **4.15** Points of View **4.30** Songs of Praise **5.10** Lost Land of the Tiger (R) **6.10** BBC News, Regional News, Weather **6.30** Countryfile	**6.00am** CBeebies **7.00** CBBC **10.00** Something for the Weekend **11.35** FILM Ride Lonesome: *Western starring Randolph Scott.* **12.45pm** SPORT MotoGP **2.00** FILM Nicholas and Alexandra: *Historical drama.* **5.00** FILM The World's Fastest Indian: *Road movie starring Anthony Hopkins and Diane Ladd.*	**5.30am** ITV News **6.00** CITV **9.25** The X Factor (R) **11.55** This Morning: Sunday **12.55pm** News **12.59** London Weather **1.00** Coronation Street **3.20** Midsomer Murders: *Detective drama.* (R) **4.55** Downton Abbey (R) **6.00** Regional News, Weather **6.15** ITV News **6.30** Harry Hill's TV Burp: *Comic review of the week's TV.* (R)	**6.00am** Sali Mali (R) **6.05** Treacle People (R) **6.15** Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** SPORT British Formula Ford Championship **7.30** SPORT The Royal Parks Foundation Half Marathon **7.55** GT Academy **8.25** T4: Friends (R) **9.20** Hollyoaks **11.55** Taio Cruz at RockCorps 2010 **12.10pm** Ugly Betty **1.05** T4: The Simpsons (R) **2.05** Jamie's 30 Minute Meals (R) **4.45** Deal or No Deal **5.30** Time Team **6.30** News **6.55** 4thought.tv	**6.00am** Milkshake! **10.00** Shake! **11.10** How to Take Stunning Pictures (R) **11.40** Wild Animal ER (R) **12.05pm** Nature Shock: The Seal Ripper (R) **1.05** Cowboy Builders (R) **2.05** Eddie Stobart: Trucks and Trailers (R) **3.05** FILM Captain Horatio Hornblower: *Seafaring adventure starring Gregory Peck.* **5.20** FILM Daddy Day Camp: *Family comedy sequel.*
7pm	**7.30 Strictly Come Dancing** Oh, the excitement. It's the results show. **8.00 Antiques Roadshow** Porcelain cats and the like are appraised. **9.00 Single Father** Drama about a single dad. **10.00 BBC News, Weather** **10.25 The Apprentice** A repeat from last week in which the candidates have to create a beach accessory and a promotional poster. And we all know how well that went! (R) **11.25 Spooks** Three Chinese agents arrive in London. (R) **12.30am Sign Zone: Mountain Gorilla** Oldie silverback Titus faces his greatest challenge when he tries to care for a vulnerable orphan. Aaaah! (R)	**7.00 Top Gear** The bad-haired trio test-drive cars in Romania. Excellent! (R) **8.00 Dambusters Declassified** Actor Martin Shaw takes to the skies to retrace the 1943 raid by 617 Squadron. **9.00 Dragons' Den: What Happened Next?** It's Deborah Meaden's turn to visit the people she doled out cash to. We'd be scared if we were them. **10.00 Match of the Day 2** SPORT The day's leather-wellying between Everton and Liverpool and Blackpool vs Man City. **11.00 Mock the Week** Dara O Briain presents highlights and unseen footage from the show. (R) **11.30 The Dam Busters** FILM Fact-based Second World War drama with Michael Redgrave.	**7.00 The Cube** Weirdy game show that takes place inside a rather large cube. Us neither. **8.00 The X Factor** We're willing to bet Louis'll have no acts left by the end of tonight's show. **9.00 Downton Abbey** The fair arrives in the village. **10.05 ITV News, Weather** **10.15 Whitechapel** Chandler investigates another set of apparent copycat killings. (R) **11.20 Piers Morgan's Life Stories: Russell Watson** The classical singer talks to Piers about overcoming two brain tumours. (R) **12.15am Drama Trails**	**7.00 The Genius of British Art** You just need to look at the cover of *Nuts* to understand true British art. **8.00 Undercover Boss USA** The boss of convenience store 7-Eleven secretly meets his staff. Sneaky! **9.00 The Secret Millionaire** NEW Internet entrepreneur Chris Brown goes undercover to find a good cause to give some money to. **10.00 Desperate Housewives** NEW Lynette's old college friend arrives on Wisteria Lane. **11.00 Seven Days** Docu about people living or working in Notting Hill. It's about as painful as the film of the same name, but there are some hotties in this. (R) **12.00m't The Real Housewives of New Jersey** NEW Take a look at that title. One for the missus, we reckon.	**7.00 Five News** **7.05 50 First Dates** FILM Romcom starring Adam Sandler as a bloke trying to score with Drew Barrymore. Do a deal. Let your girlfriend watch this, and get her to let you watch *Superbad* stright after! **9.00 Superbad** MUST-SEE If you've been living under a rock, you may have missed this absolutely brilliant comedy. It's about two high school friends on a quest to buy booze and have sex. Sounds pretty much like us then! **11.20 Tomcats** FILM Comedy starring Jerry O'Connell and Shannon Elizabeth. A young man schemes to marry off one of his friends in order to win a bet.
1am	**1.30** Holby City (R) **2.25** Secret Britain (R) **3.25-6.00am** BBC News	**1.30-6.00am** BBC News	**1.10** The Zone **2.30** SPORT British Superbike Championship Highlights: *From Oulton Park.* **3.45** SPORT Motorsport UK **4.35-5.30am** ITV Nightscreen	**1.00** LIVE American Football: *Washington Redskins vs Indianapolis Colts.* **4.45** SPORT The Royal Parks Foundation Half Marathon (R) **5.10-5.55am** Countdown	**1.10am** SuperCasino **4.05** House Doctor (R) **4.55** The Family Recipe: *With Italian chef Antonio Carluccio.* (R) **5.00** Hana's Helpline (R) **5.10-6.00am** Milkshake!

REGIONAL VARIATIONS

BBC1 NORTHERN IRELAND: 10.25pm The Politics Show **10.45** The Apprentice **11.45** Damages **12.30am** BBC News **1.00-1.30am** Sign Zone: Gears and Tears **BBC1 WALES: 6.30-7.30pm** The Making of Snowdonia **8.00-9.00pm** Countryfile **BBC2 SCOTLAND: 11.00-11.30pm** SNP Party Conference **STV: 9.00-10.00pm** Taggart **10.15** DCI Banks: Aftermath **11.15** Total Emergency **12.15am** Brain Box **1.00** FILM Charade: *Romantic comedy thriller starring Cary Grant.* **3.00-5.30am** The Nightshift **ULSTER: 7.00-8.00pm** Lesser Spotted Ulster **11.20** Doctor in Charge **11.50** UTV Rewind **12.00m't** Brain Box **2.30-3.45am** SPORT British Superbike Championship Highlights

TODAY'S SPORT

sky SPORTS 1

6.00am Aerobics
6.30 Football First: *This is what we want to see – wall-to-wall footy from now until the end of the day! Brilliant!* (HD)
9.30 The Sunday Supplement: *A look at the latest football stories.*
11.00 Goals on Sunday: *A review of yesterday's action with Kammy.* (HD)
1.00pm MUST-SEE Football: *Everton vs Liverpool, kick-off 1.30pm.* (HD)
3.30 LIVE Football: *Blackpool vs Manchester City, kick-off 4pm.* (HD)
6.30 LIVE Spanish Football: *Two top games from La Liga.*
10.00 Football: *Everton vs Liverpool and Blackpool vs Man City.* (HD)
11.30 Football (HD)
12.00m't Spanish Football (HD)
2.00am Football (HD)
3.30 Football (HD)
4.00-6.00am Spanish Football (HD)

sky SPORTS 2

6.00am IEX Magazine
6.30 IAAF Athletix Weekly
7.00 Boxing (HD)
9.00 IAAF Athletix Weekly
9.30 LIVE Tennis: *The Shanghai Masters singles final from China.*
12.00noon IEX Magazine
12.30pm LIVE Rugby Union: *Wasps vs Glasgow Warriors, kick-off 1pm.*
2.45 LIVE Rugby Union: *Leicester Tigers vs Scarlets, kick-off 3pm.*
5.30 LIVE Rugby Union: *Leeds Carnegie vs Stade Français, kick-off 5.45pm.*
7.30 Tennis
9.30 Rugby Union
9.30 This Week In WWE
10.00 WWE: Late Night – Afterburn
11.00 WWE: Vintage Collection
12.00m't Rugby Union
12.30am Tennis (HD)
2.30-3.00am Seamaster Sailing

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)
6.40pm Star Trek: First Contact: *Sci-fi adventure starring Patrick Stewart.* **8.50** Star Trek Special **9.00** Star Trek: Insurrection: *Sci-fi adventure sequel.* **11.05** Star Trek: Nemesis: *Sci-fi adventure.* **1.15am** La Antena: *Fantasy thriller starring Alejandro Urdapilleta.* **3.20-3.30am** Star Trek Special

COMEDY CENTRAL (126)
9.00am Two and a Half Men **7.30pm** Mike & Molly **8.00** Two and a Half Men **9.00** Live at the Apollo **10.00** MUST-SEE South Park **11.00** Live at the Apollo: *With Rob Brydon and Sarah Millican.* **12.00m't** Two and a Half Men **1.00am** South Park **2.00** Grouchy Young Men **2.30** Comedy Central at the Comedy Store **3.00** Two and a Half Men **3.30** The King of Queens **4.00** Shortcuts Shuffle **4.20** Everybody Loves Raymond **5.10-6.00am** Frasier

ESPN
6.30pm Serie A Football **7.45** LIVE Serie A Football: *Bari vs Lazio.* **9.45** Kicks Extra **10.00** UFC **1.00am** Press Pass 2010 **1.30** Superleague Formula **2.00** LIVE NHL Ice Hockey **4.30-5.30am** NHRA Drag Racing

DISCOVERY (520)
7.00pm How Do They Do It?: *Denim fabric.* **8.00** How It's Made **9.00** Trawler Wars **10.00** Bear Grylls: Born Survivor **11.00** Science of Interrogation **12.00m't** Is It Possible? **1.00am** Mythbusters **5.30-6.00am** How Does That Work?

BBC3 (115)
7.00pm Are You Fitter Than a Pensioner? **8.00** The World's Strictest Parents **9.00** Gavin & Stacey **9.30** Him and Her **10.00** American Dad! **10.45** Family Guy **11.30** Gavin & Stacey **12.00m't** Him and Her **12.30am** The King Is Dead **1.00** The World's Strictest Parents **2.00** Ideal **4.00** The King Is Dead **4.30-5.30am** Are You Fitter Than a Pensioner?

E4 (136)
7.00pm Life Unexpected **7.55** Friends **9.00** FILM Sahara: *Adventure starring Matthew McConaughey.* **11.25** Russell Brand: Scandalous **12.30am** Skins **2.25** Wife Swap USA **3.20-6.00am** Hollyoaks

DAVE (111)
7.00pm Stephen Fry in America **8.20** I'm Alan Partridge **9.00** Live at the Apollo **10.00** Dave's One Night Stand **11.00** QI: *With Jeremy Clarkson and Rich Hall.* **11.40** Live at the Apollo **12.40am** I'm Alan Partridge **1.20** QI **2.00** Never Mind the Buzzcocks **2.30-3.00am** Speeders

MTV (350)
7.00pm America's Best Dance Crew **8.00** 16 and Pregnant **9.00** Jersey Shore

17 OCTOBER SUNDAY

FULL 7 DAY TV GUIDE!

sky1

6.00am Hour of Power (HD) **7.00** Lion Man (R) **8.00** It's Me or the Dog USA (R) (HD) **9.00** Customs UK (R)(HD) **10.00** SPORT WWE Superstars (R) **11.00** SPORT WWE: Experience (R) **12.00noon** Futurama (R) **1.00pm** The Real A&E (R) (HD) **1.30** The Little Couple (R) **2.00** Real Filth Fighters (R)(HD) **2.30** Emergency Animal Rescue (R)(HD) **3.00** Fat Families (R)(HD) **4.00** Futurama (R) **5.00** The Simpsons (R) **5.30** The Simpsons (R)(HD) **6.30** The Middle (HD)

7.00 The Simpsons
A Hollywood star becomes infatuated with Ned Flanders. (R)

7.30 The Simpsons
Anne Hathaway takes up temporary residence in Springfield. (R)(HD)

8.00 The Simpsons
A new neighbour moves in, but Bart's convinced he's Sideshow Bob. (R)(HD)

8.30 Modern Family
An earthquake hits. (R)(HD)

9.00 Thorne: Sleepyhead
MUST-SEE Tughan dismisses Thorne's theory. We reckon he'll end up regretting that. (HD)

10.00 House
MUST-SEE House is on the case of a children's author who's been trying to top herself. (HD)

11.00 An Idiot Abroad
This time it's Mexican culture. (R)(HD)

12.00m't Inside: The Prison Code
Wardens in a California prison. (R)

1.00 Law & Order **1.50** Ross Kemp **2.40** Road Wars **3.30** Family Court **4.20** Don't Forget the Lyrics **5.10-6.00am** Are You Smarter Than a 10 Year Old?

10.00 Hard Times of RJ Berger **10.30** Valemont **11.00** South Park **12.00m't** The Hard Times of RJ Berger **1.00am** Jersey Shore **2.00** The Hard Times of RJ Berger **3.00-6.00am** All the Hits

SYFY (129)
7.00pm Warehouse 13 **8.00** Haven **9.00** FILM Jurassic Park III: *Action adventure sequel starring Sam Neill.* **10.50** FILM Raging Sharks: *Sci-fi horror starring Corin Nemec.* **12.40am** FILM AVH: Alien vs Hunter: *Sci-fi thriller starring William Katt.* **2.20** 3rd Rock from the Sun: *Comedy.* **3.00** Painkiller Jane **4.00-6.00am** Thunderbirds

FX (164)
7.00pm NCIS **10.00** Dexter **11.05** Life **12.05am** Burn Notice **1.05** To Catch a Predator **2.05** Cops: *Real-life footage.* **3.05** Robot Chicken **3.20** Metalocalypse **3.35-4.05am** The Venture Brothers

TODAY'S MUST-SEES

The Elbow Wars final was really hotting up

MASSIVE DERBY!

Everton vs Liverpool

Sky Sports 1/HD, 1pm

SPORT Billed as the most important Merseyside derby *ever*, the red and blue halves of Liverpool see this as a proverbial six-pointer. Roy Hodgson's men sit in the bottom three while Everton perch just one place above them, so it's more than just bragging rights at stake – it could be Premier League survival come the end of the season. History suggests the Reds hold the edge, having won 70 meetings to the Toffees' 56 but judging by the haunted look on Roy Hodgson's face, it truly is anyone's game. ★★★★★

"I don't understand. Why are there no girls involved?"

Superbad

Five, 9pm

FILM Hilarious, choke-on-your-popcorn comedy with Jonah Hill and geeky Michael Cera as two losers desperate to shed their V-plates before the end of high school. With their friend Mclovin and some illicit booze, they might just make it… ★★★★★

"That's the last time I try to give Tiddles a bath"

Thorne: Sleepyhead

Sky1/HD, 9pm

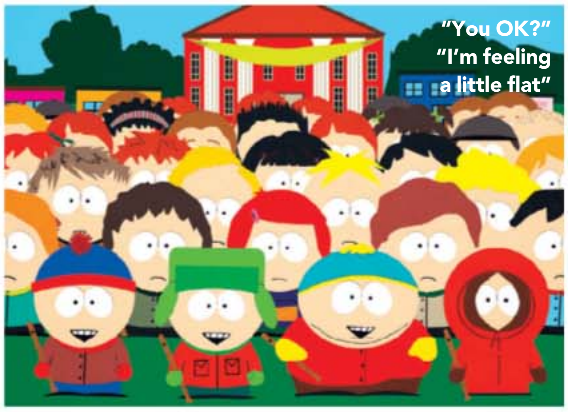
DRAMA In part two of the moody crime saga, DI Thorne (David Morrissey) is forced to work alone when Tughan dismisses his theory about the serial killer's intentions. The swine! ★★★★★

"Darling, when I said your friends could sleep over…"

House

Sky1/HD, 10pm

DRAMA An author suffers a seizure that prevents her from topping herself, leaving House scouring her most recent book for clues as to her ailments. Likely to make for really light reading then? Ace, as ever. ★★★★


"You OK?" "I'm feeling a little flat"

South Park

Comedy Central, 10pm

COMEDY Brand-new brilliantly foul-mouthed shenanigans from our favourite two-dimensional kiddies. No word on who or what will be in the firing line this week, but don't expect any punches to be pulled. Just how we like it! ★★★★

PREVIEWS: RICH JENKINS, MIKE HALL, GEORGE WALES PHOTOS: GETTY

NutsTV

BBC ONE

6am

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer **11.00** Cowboy Trap **11.45** Cash in the Attic (R) **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Diagnosis Murder (R) **3.00** BBC News, Weather, Regional News **3.05** CBBC **5.15** Weakest Link **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7pm

7.00 The One Show

7.30 Inside Out

NEW Regional documentary programme. Pass.

8.00 EastEnders

Billy heads to R&R to drown his sorrows. We'd do the same if forced to watch this.

8.30 Panorama

9.00 Spooks

The US president's life is under threat on a visit to the UK. Typical. He only pops over for some fish and chips, and this happens.

10.00 BBC News, Weather

10.35 Ask Rhod Gilbert

MUST-SEE Rhod's guests include Russell Kane, Connie Fisher and oddly, chef James Martin.

11.15 Damages

Tom and Ellen suspect Patty is trying to control them. (R)

12.00m't Damages

Patty tries to contain the damager. (R)

12.45am Sign Zone: The Apprentice

It's the beach accessory task. (R)

1am

1.45 The Great British Bake Off: *Cooking contest.* (R) **2.45** Out of the Frying Pan (R) **3.45-6.00am** BBC News

BBC TWO

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.30** Animal Park (R) **12.00noon** Daily Politics **12.30pm** GMT with George Alagiah **1.00** Due South (R) **1.45** Film 2010 with Claudia Winkleman (R) **2.15** Instant Restaurant (R) **3.00** Put Your Money Where Your Mouth Is (R) **3.45** Flog It! **4.30** Pointless **5.15** Escape to the Country (R) **6.00** Eggheads **6.30** Strictly Come Dancing – It Takes Two

7.00 Michael Wood's Story of England

The construction of a Norman castle in 1066. Anyone else feeling sleepy?

8.00 University Challenge

It's a super-nerd face-off!

8.30 MasterChef: The Professionals

More pan-flipping poop.

9.00 Horizon: Is Seeing Believing?

Docu looking at research carried out by scientists into the human senses.

10.00 Genius

MUST-SEE Comedians Chris Addison and Mel Giedroyc join nice bloke Dave Gorman to discuss weird and wacky inventions.

10.30 Newsnight

11.20 Dambusters Declassified

Actor Martin Shaw explores the 1943 raid by 617 Squadron. (R)

4.00-6.00am BBC Learning Zone

itv 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show (R) **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News, Weather **2.00** 60 Minute Makeover **3.00** Dickinson's Real Deal **4.00** Midsomer Murders: *Detective drama.* (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

7.00 Emmerdale

Welly-wearing wubbish, er, rubbish.

7.30 Coronation Street

Claire's mother invites the Peacocks to move to France with her. Go! Go! Go!

8.00 Wild Britain with Ray Mears

The survival expert explores the coastal landscape of north Norfolk. Riveting.

8.30 Coronation Street

David is taken to the police station for questioning. Lock him up!

9.00 Whitechapel

Chandler and Miles continue their efforts to track down the killer. Good luck.

10.00 ITV News, Weather

10.35 Real Crime with Mark Austin: Gunn Law

11.35 Greatest Cities of the World with Griff Rhys Jones

Sydney and its people. (R)

12.30am The Zone

2.30 SPORT UEFA Champions League Weekly **3.00** The Jeremy Kyle Show (R) **3.50-5.30am** ITV Nightscreen

4

6.00am The Treacle People (R) **6.10** Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** Freshly Squeezed **7.25** Everybody Loves Raymond (R) **8.20** Frasier (R) **8.55** Friends (R) **9.25** Coach Trip (R) **12.00noon** Channel 4 News Summary **12.05pm** River Cottage Bites **12.15** A Place in the Sun (R) **1.15** FILM The Story of Robin Hood and His Merrie Men **2.55** Wogan's Perfect Recall **3.25** Countdown **4.10** Deal or No Deal **5.00** Come Dine with Me **5.30** Jamie's 30 Minute Meals **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 News

7.55 4thought.tv

8.00 Dispatches: How the Rich Beat the Taxman

How the wealthy protect their moolah.

9.00 Titanic: The Mission

They're still banging on about that ship that sank donkey's years ago.

10.00 Jamie's American Food Revolution

You can lead a horse to water but you can't make it drink, just as you can offer an American a salad, but you make him eat it.

11.00 3 Minute Wonder: The Jarman Award (R)

11.05 Ramsay's Best Restaurant (R)

12.10am On Track

12.30 Music on 4: Hot Chip at Bestival 2010

12.45 Premier League Poker

SPORT Qualifiers battle for a place in the Premier League.

1.40 PREMIERE Mughal-E-Azam: *Indian epic with Dilip Kumar.* **4.40** Dispatches: Tabloids, Tories and Telephone Hacking (R) **5.30-6.15am** ER (R)

FIVE

6.00am Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.40** House (R) **12.35pm** Five News **12.40** Meals in Moments (R) **12.50** Police Interceptors: Special Edition **1.45** Neighbours **2.15** Home and Away **2.50** I Own Britain's Best Home: Flying Visit (R) **3.05** FILM Survival on the Mountain: *True-story adventure starring Markie Post.* **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7.00 Five News at 7

7.30 How Do They Do It?

Robert Llewellyn learns how produce is transported across America.

8.00 The Gadget Show

Technology bargains on the high street.

9.00 Rory and Paddy's Even Greater British Adventure

Tonight's adventures include tree-climbing, sheep-shearing and the World Hen Racing Championships. OK then.

10.00 Tightrope

FILM Crime thriller starring Clint Eastwood as a detective.

12.20am The Gadget Show

A repeat from earlier on this evening. (R)

1.15 SuperCasino: *Gambling.* **4.05** House Doctor **4.30** Great Scientists (R) **4.55** Rough Guide to Adventures (R) **5.10** Michaela's Wild Challenge (R)

REGIONAL VARIATIONS

BBC1 SCOTLAND: 7.30-8.00pm Addicts: No Children Allowed **11.15-12.00m't** SPORT Sportscene **BBC1 NORTHERN IRELAND: 7.30-8.00pm** In Your Corner **10.35** High Life **11.05** Lifeline from Northern Ireland **11.15** Ask Rhod Gilbert **11.50** Damages **12.35-12.45am** Where Music Matters **BBC1 WALES: 7.30-8.00pm** NEW Snowdonia 1890 **10.35** X-Ray **11.05** Damages **11.50** Damages **12.30-12.45am** BBC News **BBC2 SCOTLAND: 11.00-11.20pm** Newsnight Scotland, Weather **BBC2 NORTHERN IRELAND: 10.00pm** Seacht **10.25-10.30** Seinn Liom **11.20** Stormont Today **11.50** Genius with Dave Gorman **12.20am** Dambusters Declassified **1.20-3.45am** BBC News **STV: 10.40pm** Dating the Enemy **11.10** Oran na Mna **11.45** A Reir na h-Aimsir **12.15am** Brain Box **1.00** Nightwatch with Steve Scott: Crime **2.00-2.30** The Nightshift **3.00-5.30am** The Nightshift **ULSTER: 7.59-8.00pm** UTV Live Update **8.59-9.00** UTV Live Update **11.00** NEW Surgery School

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans (HD)
9.00 Football (HD)
10.30 Football (HD)
11.00 Spanish Football (HD)
12.30pm Champions League Weekly: *A preview of upcoming fixtures.* (HD)
1.00 Football (HD)
2.30 Football (HD)
3.00 Spanish Football (HD)
5.00 Champions League Weekly (HD)
5.30 Soccer AM: The Best Bits
6.30 Netbusters
7.00 MUST-SEE Football: *Blackburn vs Sunderland, kick-off 8pm.* (HD)
10.30 Netbusters
11.00 A League of Their Own (HD)
11.30 SPL Round-Up (HD)
12.00m't Soccer AM: The Best Bits
1.00am Football (HD)
3.00 Sports Unlimited **4.00** Watersports World **5.00-6.00am** Max Power

sky SPORTS 2

6.00am Urban Ride **6.30** WWE: Bottom Line (HD) **7.30** Boxing (HD) **9.30** Golf: *Ball-smacking.* (HD) **12.30pm** Golf (HD)
2.00 Urban Ride
2.30 Seamaster Sailing
3.00 Rugby Union (HD)
3.30 Boxing (HD)
5.30 Rugby Union (HD)
6.00 Urban Ride
6.30 Angling
7.00 Motorsport (HD)
8.00 Boots 'n' All
9.00 Urban Ride
9.30 Angling
10.00 Motorsport (HD)
11.00 Boots 'n' All
12.00m't Angling
12.30am Show Jumping
1.30 Golf
3.30 Golf
4.30-6.00am Wonderful World of Golf

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

4.50pm Warlock **7.10** Hot Shots! **9.00** One Flew Over the Cuckoo's Nest **11.35** Terminal Velocity **1.35am** Taxidermia **3.25-3.35am** The Social Network Special

COMEDY CENTRAL (126)

7.00pm The King of Queens **8.00** Scrubs **9.00** Two and a Half Men **9.30** Mike & Molly **10.00** Sex and the City **10.35** Live at the Apollo: *Laughs with Rob Brydon.* **11.35** Sex and the City **12.10am** Michael McIntyre at the Comedy Store **12.40** Two and a Half Men **1.40** South Park **2.40** Grouchy Young Men **3.10** Scrubs **4.05** Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier

ESPN

6.30pm Talk of the Terrace **8.00** DTM Racing **10.00** Between The Lines **10.30** Talk of the Terrace **12.00m't** NFL: Monday Night Countdown **1.30am** LIVE American Football **4.30-5.00am** Press Pass 2010

DISCOVERY (520)

6.00pm Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** Mythbusters **10.00** The Truth Behind the Moon Landings **11.00** Concorde's Last Flight **12.30am** Massive Speed **1.00** Swords **2.00** Industrial Revelations **3.00** Weaponology **3.50** Nasa's Greatest Missions **4.40** Days That Shook the World **5.30-6.00am** How Does That Work?

BBC3 (115)

7.00pm Merlin **7.45** Doctor Who **8.30** The Real Hustle on Holiday **9.00** The World's Strictest Parents **10.00** EastEnders **10.30** Britain's Really Disgusting Drinks **11.30** Family Guy **12.15am** The World's Strictest Parents **1.10** Five Really Disgusting Foods **2.10** Britain's Really Disgusting Drinks **3.10** Sex Trafficking in Cambodia – Stacey Dooley Investigates **4.10-5.10am** Kids with Guns – Stacey Dooley Investigates

E4 (136)

7.00pm Hollyoaks **7.30** Friends **9.00** One Tree Hill **10.00** MUST-SEE The Inbetweeners **10.35** School of Comedy **11.05** PhoneShop **11.40** Facejacker **12.10am** A Shot at Love **1.05** Scrubs **1.55** Facejacker **2.25** A Shot at Love **3.05** What About Brian **3.45** Reno 911! **4.10** Switched **4.30** Accidentally on Purpose **4.50-6.00am** Switched

DAVE (111)

7.00pm The Gadget Show **8.00** Top Gear **9.00** Harry and Paul **9.40** Armstrong & Miller **10.20** Peep Show **10.55** One Night Stand **12.00m't** Harry and Paul **12.40am** Armstrong & Miller **1.15** Peep Show **1.50** Buzzcocks **2.20** And Then You Die **2.45-3.00am** Radical Highs

18 OCTOBER MONDAY

FULL 7 DAY TV GUIDE!

sky1

6.00am The Biggest Loser US (R) **7.00** Brainiac: Science Abuse (R)(HD) **8.00** Oops TV (R) **9.00** Zoo Vet at Large (R) **9.30** Zoo Vet at Large (R) **10.00** Bones (R)(HD) **11.00** Super Nurses **11.30** The Secret Guide to Women's Health (R) **12.00noon** The Biggest Loser US **1.00pm** Project Runway (R) **2.00** Bones (R)(HD) **3.00** Stargate Atlantis (R)(HD) **4.00** Stargate Atlantis (R)(HD) **5.00** Malcolm in the Middle (R)(HD) **5.30** Futurama (R) **6.00** Oops TV (R) **6.30** The Simpsons (R)

7.00 The Simpsons
Homer manages to become the owner of the power plant. (R)

7.30 The Middle
Sue has a confrontation with the boys next door. (HD)

8.00 Best of Oops TV
JLC does his friendly voice-over jobby as more people trip over. (HD)

9.00 The Girl Who Never Ate
Docu following the story of a seven-year-old girl with a rare disorder. (R)

10.00 NCIS: Los Angeles
The murder of a Marine with top-level security clearance. (HD)

11.00 Law & Order
Lupo and Bernard investigate the brutal murder of a TV reporter. (HD)

12.00m't Extreme Filth Fighters
Not just any old filth fighters, you know.

12.30am Extreme Filth Fighters
See above!

1.00 Road Wars (R) **1.50** Road Wars (R) **2.40** Street Wars (R) **3.30** Lost (R)(HD) **4.20** Lost (R)(HD) **5.10-6.00am** Are You Smarter Than a 10 Year Old? (R)(HD)

12.00m't-2.30am Brain Box **ITV1 WALES: 8.00-8.30pm** The Ferret **11.35** Wild Britain with Ray Mears **12.05-12.30am** I Was There

MTV (350)
7.00pm Teen Mom **8.00** Celebrity Bites **8.30** MTV at the Movies **9.00** RJ Berger **10.00** Jersey Shore: *Reality show.* **11.00** Scream Queens **12.00m't** South Park **1.00am** Sanchez Get High: **2.00** South Park **3.00-6.00am** All the Hits

SYFY (129)
7.00pm Buffy the Vampire Slayer **8.00** Fact Checkers Unit **8.10** FILM Jurassic Park III: *More dinosaurs vs man. Sam Neill and Tea Leoni star.* **10.00** Haven **11.00** Warehouse 13 **12.00m't** FILM Submerged **1.50am** Thunderbirds **3.00** Mysterious Ways **4.00** Quantum Leap **5.00-6.00am** Smallville

FX (164)
7.00pm NCIS **9.00** Family Guy **10.00** To Catch a Predator **11.00** Dexter **12.05am** Farscape **1.05** Babylon 5 **2.05** ReGenesis **3.05-4.05am** Water Rats

TODAY'S MUST-SEES

"Yes! The new TK Maxx catalogue is out!"

The Inbetweeners

E4, 10pm

COMEDY Brace yourself gents, for this will hurt. This is the final *Inbetweeners* episode ever. No more clunge. No more bus w*nkers. No more of Jay's ridiculous lies or Neil's robot dancing. Luckily, the final episode is an absolute classic! Will decides to organise one last trip for the gang before they go their separate ways, and for some reason decides that camping would be fun. However, things don't go exactly to plan, as you'd expect. Goodbye then, *Inbetweeners*. You have been truly great. We'll see you when the film comes out! ★★★★★

The Blackburn defence formed a guard of honour

Blackburn Rovers vs Sunderland

Sky Sports 1/HD, 7pm

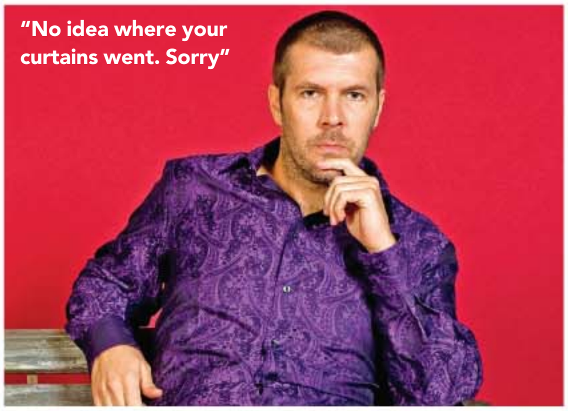
SPORT OK, so the purists won't be licking their lips, but this is always an encounter full of passion. Can Darren Bent maintain his form? ★★★★

"We're all thinking about sex really"

Genius

BBC2, 10pm

COMEDY Chris Addison and Mel Giedroyc join Dave Gorman to laugh at more bonkers brainwaves, including a device for fixing wedgies and a machine that can simulate a handshake. One of these may be useful, the other probably isn't. ★★★



"No idea where your curtains went. Sorry"

Ask Rhod Gilbert

BBC1, 10.35pm

COMEDY The Welsh funnyman answers burning questions with the help of comedian Lloyd Langford and Mr Gilbert from *The Inbetweeners*, who join Rhod on the panel to lend their thoughts and opinions. Very funny! ★★★

Nuts PROMOTION

Win all these games!

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28th ANNUAL GOLDEN JOYSTICK AWARDS

PREVIEWS: MIKE HALL, FRANK TENNYSON PHOTOS: GETTY

NutsTV

BBC ONE

6am

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer **11.00** Cowboy Trap **11.45** Cash in the Attic (R) **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Diagnosis Murder (R) **3.00** BBC News, Weather, Regional News **3.05** CBBC **5.15** Weakest Link **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7pm

7.00 The One Show
Topical chit-chat.

7.30 EastEnders
Stacey, Janine, Kat, Kim and Pat share a police cell. Where did we put the grenade?

8.00 Holby City
NEW New series? The previous one only finished last week!

9.00 Traffic Cops
Police chase a reckless driver through the backstreets of Swansea. (R)

10.00 BBC News, Weather

10.35 Tormented Lives
Stories of attacks on disabled people.

11.25 Taken in Broad Daylight
FILM Fact-based crime thriller starring James Van Der Beek.

12.50am Sign Zone: See Hear
Potential cures for deafness. (R)

1am

1.20 Natural World (R) **2.10** E Numbers: An Edible Adventure (R) **3.10** Who Do You Think You Are? (R) **4.10-6.00am** BBC News

BBC TWO

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.30** Animal Park (R) **12.00noon** Daily Politics **12.30pm** GMT with George Alagiah **1.00** Due South (R) **1.45** Lifeline (R) **1.55** Coast (R) **2.15** Instant Restaurant (R) **3.00** Put Your Money Where Your Mouth Is (R) **3.45** Flog It! (R) **4.30** Pointless **5.15** Escape to the Country (R) **6.00** Eggheads **6.30** Strictly Come Dancing – It Takes Two

7.00 Coast
Dullest. Show. Ever. (R)

8.00 MasterChef: The Professionals
Water-burning competition.

9.00 Whites
Comedy drama with frizzy-haired Alan Davies. A health and safety inspector visits the White House restaurant.

9.30 Harry & Paul
MUST-SEE Sketches include Jonathan Ross' stint as the host of Northern Relief Night and killer pranks with drunken old Gerald.

10.00 Later Live – with Jools Holland
With Gaslight Anthem and Duffy.

10.30 Newsnight

11.20 Wonders of the Solar System
The building blocks of life. Whatever they're supposed to be. (R)

3.15 Close **4.00-6.00am** BBC Learning Zone: *Learning? At this time? Forget it!*

itv 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News **2.00** 60 Minute Makeover **3.00** Dickinson's Real Deal: *From Oldham.* **4.00** Midsomer Murders (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

7.00 Emmerdale
Maisie spitefully informs Natasha and Nathan she's staying at Faye's. Marvellous really, considering Maisie is a cow.

7.30 Grimefighters
Various nasties tackled. (R)

8.00 Fiddles, Cheats & Scams
NEW The work of conmen, including a lorry driver who tried to sell The Ritz. The big loon!

9.00 71 Degrees North
The remaining five celebrities reach reindeer country and the coldest region they have endured so far.

10.00 ITV News, Weather

10.35 Homes from Hell
British victims of the slump in the Dubai property market. (R)

11.35 Swingtown
Tom and Trina's relationship hits rock bottom as his infidelity comes to light.

12.30am The Zone

2.30 The Rockford Files (R) **3.25** The Jeremy Kyle Show: *Shouty "discussions".* (R) **4.20-5.30am** ITV Nightscreen

4

6.15am Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** Freshly Squeezed **7.25** Everybody Loves Raymond (R) **8.20** Frasier (R) **8.50** Friends (R) **9.20** Coach Trip (R) **12.00noon** Channel 4 News Summary **12.05pm** River Cottage Bites **12.10** A Place in the Sun: Home or Away (R) **1.15** PREMIERE McBride: Anybody Here Murder Marty? **2.55** Wogan's Perfect Recall **3.25** Countdown **4.10** Deal or No Deal **5.00** Come Dine with Me **5.30** Jamie's 30 Minute Meals **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 News

7.55 4thought.tv

8.00 Wedding House
Seriously wacky weddings.

9.00 Ramsay's Best Restaurant
This time it's Fench restaurants. Mmm – snails! Doesn't quite work, does it?

10.00 Seven Days
Posh people in Notting Hill are followed around by a camera crew.

11.05 3 Minute Wonder: The Jarman Award
The work of artist Lindsay Seers. (R)

11.10 Russell Brand Doing Life
The odd-ball comic gets all excited at London's Hackney Empire. (R)

12.15am Late Night Poker
SPORT Major players including Phil Ivey and Gus Hansen compete in another tournament.

1.15 Beach Volleyball **2.05** Freesports **3.00** KOTV Boxing Weekly **3.25** British Ford (R) **3.50** World Sport **4.15** Triathlon **5.10-6.00am** Deadliest Catch (R)

FIVE

6.00am Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.40** House (R) **12.35pm** Five News **12.40** Meals in Moments (R) **12.50** Police Interceptors: Special Edition (R) **1.45** Neighbours **2.15** Home and Away **2.50** I Own Britain's Best Home: Flying Visit (R) **3.05** FILM This Matter of Marriage: *Drama starring Leslie Hope and Sherry Miller.* **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7.00 Five News at 7

7.30 How to Take Stunning Pictures
Just get hold of a decent digital camera!

8.00 Motorway Madness
Behind the scenes at a busy Worcestershire motorway service station. About as riveting as it sounds.

9.00 CSI: Miami
MUST-SEE Getting more and more ludicrous as the weeks go by, today's dead bloke has fallen from the sky, and could only have been killed in zero gravity. Crazy!

10.00 CSI: NY
A racing driver is murdered. (R)

11.00 CSI: Crime Scene Investigation
Grissom battles with an old enemy. (R)

12.00m't NCIS
The agents are investigated on suspicion of killing arms dealer La Grenouille. (R)

12.55am SuperCasino

4.05 House Doctor **4.30** Great Scientists **4.55** Rough Guide to Activity Holidays **5.10** Michaela's Wild Challenge (R)

REGIONAL VARIATIONS

BBC1 SCOTLAND: 8.00pm River City **9.00-10.00pm** NEW Holby City **BBC1 NORTHERN IRELAND: 10.35pm** Spotlight **11.05** Tormented Lives **11.55** Damages **12.35-12.50am** Off the Beaten Track **BBC1 WALES: 10.35pm** Week In, Week Out **11.05** Tormented Lives **11.55-1.20am** FILM Taken in Broad Daylight: *Fact-based crime thriller starring Sara Canning and James Van Der Beek.* **BBC2 SCOTLAND: 11.00-11.20pm** Newsnight Scotland **12.30-3.15am** BBC News **BBC2 NORTHERN IRELAND: 7.00pm** SPORT Delhi 2010 **7.45-8.00** Sporting Traditions **10.00-10.30** High Life **11.20** Stormont Today **11.50-12.20am** Later Live – with Jools Holland **BBC2 WALES: 7.00pm** This Land **7.30-8.00pm** The Hairy Bikers: Mums Know Best **STV: 7.30pm** Being Victor **8.00-9.00** Who Wants to Be a Millionaire? **10.30** STV News and Weather **10.40** Ladette to Lady **11.40** Comedy Classics: Brass **12.05am** Brain Box **1.00** The Jeremy Kyle Show **2.00-5.30am** The Nightshift

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans (HD)
9.00 Netbusters **9.30** Football (HD)
11.30 SPL Round-Up (HD)
12.00noon Soccer AM: The Best Bits
1.00pm Football (HD)
3.00 Netbusters
3.30 Boots 'n' All
4.30 Soccer AM: The Best Bits
5.30 Football Asia
6.00 Spanish Football
7.00 Sky Sports News at Seven (HD)
7.30 Soccer Special (HD)
10.30 Football Asia
11.00 Spanish Football
12.00m't A-League
12.30am Football (HD)
1.30 Spanish Football
2.30 Football Asia
3.00 Football (HD)
4.00 A-League **4.30** Spanish Football
5.30-6.00am BMX Cycling

sky SPORTS 2

6.00am Urban Ride
6.30 WWE: Afterburn (HD)
7.30 Boots 'n' All
8.30 Golf
9.30 Golf
11.30 Golf (HD)
12.30pm Wonderful World of Golf: *Mark Calcavecchia vs Fred Couples from 2002.*
2.00 PGA Tour Classic
3.00 Golf
5.00 MUST-SEE Football: *Spartak Moscow vs Chelsea, kick-off 5.30pm.* (HD)
7.30 LIVE Football: *Arsenal vs Shakhtar Donetsk, kick-off 7.45pm.* (HD)
10.00 Football: *Recent goals from the Champions League.* (HD)
11.00 Poker: *Heat four of the Poker Million from London.* (HD)
1.00am Polocrosse
2.00 Polo
3.00-4.00am Sports Unlimited

ESPN

6.15pm Eredivisie **7.15** ESPN Kicks **7.30** NFL **10.00** Pardon the Interruption UK **10.30** Football **12.30am** LIVE Ice Hockey **3.00** Press Pass 2010 **3.30** VW Scirocco Cup **4.30** ESPN Serie A Kicks **4.45-5.45am** Eredivisie

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

6.15pm Anna and the King: *Period drama starring Jodie Foster and Chow Yun-Fat.* **9.00** Mr. & Mrs. Smith: *Comedy adventure with Brad Pitt and Angelina Jolie.* **11.15** PREMIERE Tulpan: *Comedy drama.* **1.10am** The Dreamers: *Drama.* **3.25-3.35am** The Social Network Special

COMEDY CENTRAL (126)

7.00pm The King of Queens **8.00** Scrubs **9.00** Two and a Half Men **9.30** Live at the Apollo **10.30** Mike & Molly **11.00** Sex and the City **12.10am** Two and a Half Men **1.10** South Park **2.10** The Office: An American Workplace **3.10** Two and a Half Men **4.05** Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier

DISCOVERY (520)

6.00pm Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** Trawler Wars **10.00** Deadliest Catch **11.00** Building the Future **12.00m't** Bear Grylls: Born Survivor **1.00am** SPORT Swords: Life on the Line **2.00** Industrial Revelations **3.00** Weaponology **3.50** Treasure Quest **4.40** Days That Shook the World **5.30-6.00am** How Does That Work?

BBC3 (115)

7.00pm Total Wipeout **8.00** Snog, Marry, Avoid? **9.00** Don't Tell the Bride **10.00** EastEnders **10.30** Lip Service **11.30** Family Guy: *Peter loses his job.* **12.20am** Don't Tell the Bride **1.15** Lip Service **2.15** Bizarre ER **3.15** Total Wipeout **4.15-5.15am** Snog, Marry, Avoid?

E4 (136)

7.00pm Hollyoaks **7.30** Friends **9.00** Smallville **10.00** The Cleveland Show: *Cleveland gambles away Roberta's college fund.* **11.00** The Ricky Gervais Show: *The surprising lack of homeless Chinese people.* **11.30** King of the Hill **12.00m't** Scrubs **1.00am** The Cleveland Show **1.50** The Ricky Gervais Show **2.15** King of the Hill **2.35** Life Unexpected **3.15** Reno 911! **4.00** Switched **4.20** Accidentally on Purpose **4.40-6.00am** Switched

DAVE (111)

7.00pm Ray Mears' Wild Food **8.00** Top Gear: *The Range Rover Sport is pitted against a tank.* **9.00** QI XL **10.00** Argumental: *With Ben Miller.* **10.40** Mock the Week: *With Stewart Francis and Andrew Maxwell.* **11.20** Have I Got Old News for You **12.00m't** QI XL **1.00am** Argumental **1.40** Mock the Week **2.10-3.00am** Have I Got Old News for You

19 OCTOBER TUESDAY

sky1

6.00am The Biggest Loser US (R) **7.00** Brainiac: Science Abuse (R)(HD) **8.00** Oops TV (R) **9.00** Zoo Vet at Large (R) **9.30** Zoo Vet at Large (R) **10.00** Bones (R)(HD) **11.00** Kim's Rude Awakening (R)(HD) **11.30** The Real A&E (R)(HD) **12.00noon** The Biggest Loser US **1.00pm** Project Runway (R) **2.00** Bones (R)(HD) **3.00** Stargate Atlantis (R)(HD) **4.00** Stargate Atlantis (R)(HD) **5.00** Malcolm in the Middle (R)(HD) **5.30** Futurama (R) **6.00** Oops TV (R) **6.30** The Simpsons (R)

7.00 The Simpsons

Homer is asked to help the Rolling Stones at a benefit gig. (R)

7.30 The Middle

Frankie helps Brick in his efforts to be elected school historian. (HD)

8.00 UK Border Force

"Touch your toes!" etc. (R)(HD)

9.00 Stargate Universe

The Destiny docks with a seeding ship. Oo, er missus! (HD)

10.00 Fringe

The team examine a series of crimes. (HD)

11.00 A League of Their Own

James Corden hosts, with Jamie Redknapp, John Bishop, Andrew Flintoff and Georgie Thompson. Ace! (R)(HD)

11.30 Football's Greatest

SPORT A look back at the career of Zinedine Zidane. (R)

12.00m't Road Wars

A gang of boy racers causes bother. (R)

1.00 Road Wars **1.50** Street Wars **2.40** Oops TV **3.05** Oops TV **3.30** Lost (HD) **4.20** Lost **5.10-6.00am** Are You Smarter Than a 10 Year Old? (R)(HD)

ULSTER: **10.30pm** UTV Live Tonight **11.05** The Cube: *Weird game show.* **12.00m't-2.30am** Brain Box **ITV1 WALES:** **10.30-10.35pm** Wales Tonight

MTV (350)

7.00pm Teen Mom **8.00** Randy Jackson's America's Best Dance Crew **9.00** Jersey Shore **10.00** The Hard Times of RJ Berger **11.00** Scream Queens **12.00m't** South Park **1.00am** Sanchez Get High: Pritchard vs Dainton **2.00** South Park **3.00-6.00am** All the Hits

SYFY (129)

7.00pm Buffy the Vampire Slayer **8.00** A Town Called Eureka **9.00** Haven **10.00** FILM Submerged **11.50** FILM AVH: Alien vs. Hunter: *Sci-fi thriller.* **1.30am** Thunderbirds **2.30** 3rd Rock from the Sun **3.00** Mysterious Ways **4.00** Quantum Leap **5.00-6.00am** Smallville

FX (164)

7.00pm NCIS **9.00** Better Off Ted **10.00** Family Guy **11.00** Life **12.00m't** Farscape **1.00am** Babylon 5 **2.00** ReGenesis **3.00-4.00am** Water Rats

TODAY'S MUST-SEES

CHAMPS LEAGUE!

Anelka's attempt to pick a fight with the invisible man backfired

Spartak Moscow vs Chelsea

Sky Sports 2/HD, 5pm

SPORT Drogba and co don their gloves for a tricky test in teeth-chatteringly chilly Moscow. With both teams boasting 100 per cent records in the tournament so far, the result of this could determine who goes on to win the group. Then, while they're having their post-match frostbite tended to, we'll be watching tonight's second game, between Arsenal and Ukrainian side Shakhtar Donetsk at the Emirates. To be fair, that's about as good as TV gets. ★★★★★

"You have burritos for lunch again, Horatio?"

CSI: Miami

Five, 9pm

DRAMA Is it a bird, is it a plane? No, it's a dead bloke who's fallen out of the sky! Horatio and his team find injuries that could only have been sustained in zero gravity, so investigate the only private space-travel company in Miami. ★★★

"Threesome with you and your twin sister? For that reason, Ah'm oot!"

Harry & Paul

BBC2, 9.30pm

COMEDY Another stack of sketches, including drunken Gerald, who feels a bit silly after his homicidal pranks, and the silver-haired Beatles, who celebrate their 200th platinum album with a trip to Bournemouth. Rip-roaringly random fun! ★★★★★

"Bexleyheath Swingers Club welcomes you"

Community

Viva, 10pm

COMEDY This random show about a group of misfits at a rubbish college in the USA is gaining some momentum now, and has actually been given a second series in the States. Once again, we say try it – you might like it! ★★★

Serving Suggestion.
Golden Wonder
The Nation's Noodle
Chicken Flavour
Pour, stir, click – thenationsnoodle.co.uk

PREVIEWS: PETE CASHMORE, MIKE HALL, FRANK TENNYSON, RICH JENKINS PHOTOS: GETTY

Nuts TV

BBC ONE

6am

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer **11.00** Cowboy Trap **11.45** Cash in the Attic (R) **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Diagnosis Murder (R) **3.00** BBC News, Weather, Regional News **3.05** CBBC **5.15** Weakest Link **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7pm

7.00 The One Show
Light-hearted chin-wagging.

7.30 Helicopter Heroes
The team treat victims of Derrick Bird's shooting spree in Cumbria.

8.00 Waterloo Road

9.00 The Apprentice
MUST-SEE The teams bake and sell their own goods, which all leads to an inevitable tantrum in the board room for the losers. Ace!

10.00 BBC News, Weather

10.40 The National Lottery Draws
Debra Stephenson presents.

10.50 Film 2010 with Claudia Winkleman
A review of heebie-jeebie inducing new horror sequel *Paranormal Activity 2*.

11.30 The Mosquito Coast
FILM A disillusioned inventor moves his family to Central America to form a new utopian society, but is driven to madness by the endeavour. Ah well, nothing ventured and all that.

1am

1.25am Sign Zone: Country Tracks (R) **2.25** Bang Goes the Theory (R) **2.55** Watchdog (R) **3.55-6.00am** BBC News

BBC TWO

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.30** The Spending Review **3.00pm** Put Your Money Where Your Mouth Is (R) **3.45** Flog It! **4.30** Pointless **5.15** Escape to the Country (R) **6.00** Eggheads: *Quiz show with Jeremy Vine.* **6.30** Strictly Come Dancing – It Takes Two

7.00 Hostage in the Jungle – This World
Colombia presidential candidate Ingrid Betancourt's abduction by FARC rebels.

8.00 MasterChef: The Professionals
Really talented chefs cook meals. Hang on – where's the fun in that?

9.00 Wonderland – High Society Brides
Posh people get married.

10.00 The Apprentice: You're Fired!
"Lord Sugar's got it wrong beacuse I'm absolutely brilliant!" etc.

10.30 Newsnight

11.20 Whites
A heath and safety inspector visits the White House restaurant. (R)

11.50 Harry & Paul
Top-notch sketches. (R)

12.20-3.55am BBC News

4.00-6.00am BBC Learning Zone

itv 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning: *With Katie Price.* **12.15pm** The Spending Review Live: An ITV News Special **1.30** ITV News **1.55** Regional News, Weather **2.00** 60 Minute Makeover **3.00** Dickinson's Real Deal **4.00** Midsomer Murders (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

7.00 Emmerdale
Sheep-bleating bobbins.

7.30 UEFA Champions League
MUST-SEE If Spurs weren't sure they'd arrived in this season's Champions League already, they'll know now – they face the current holders, Rafa Benitez's Inter Milan at the San Siro, kick-off 7.45pm. There's Man United vs Bursaspor on Sky Sports 2 if that takes your fancy instead.

10.00 ITV News, Weather

10.35 UEFA Champions League: Extra Time
SPORT Action from the week's games, including Man United vs Bursaspor, Rangers vs Valencia, Inter Milan vs Spurs, Spartak Moscow vs Chelsea and Arsenal vs Shakhtar Donetsk.

12.30am The Zone
Shopping and interactive gaming.

2.35 FILM Bend of the River: *Western starring James Stewart and Rock Hudson.* **4.05** The Jeremy Kyle Show (R) **5.00-5.30am** ITV Nightscreen

4

6.00am Sali Mali (R) **6.05** The Treacle People (R) **6.15** Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** Freshly Squeezed **7.25** Everybody Loves Raymond (R) **8.20** Frasier (R) **8.50** Friends (R) **9.20** Coach Trip (R) **12.00noon** Channel 4 News Summary **12.05pm** Atlantic (R) **12.10** A Place in the Sun: Home or Away (R) **1.10** FILM Comanche: *Western.* **2.55** Wogan's Perfect Recall **3.25** Countdown **4.10** Deal or No Deal **5.00** Come Dine with Me **5.30** Jamie's 30 Minute Meals **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 News

7.55 4thought.tv
Religious ramblings.

8.00 Food: What Goes in Your Basket?
Harry Wallop rates the best and worst pizzas. How lucky is he?

9.00 Grand Designs
Tonight's overly complicated construction is a Scandinavian-style eco house in a Falmouth back garden. OK then.

10.00 Rude Tube: Ultimate Champions
Featuring a man who picks his nose with his own tongue. Urgh!

11.05 3 Minute Wonder: The Jarman Award (R)

11.10 Love the Beast
PREMIERE Actor Eric Bana's documentary about his own classic car. It's pretty good, too!

1.10am Music **1.20** Album Chart **1.35** FILM Birthday Girl **3.10** Momma's Boy (R) **3.30** Afterworld (R) **3.55** ER (R) **4.40** Hill Street Blues (R) **5.30-6.15am** Countdown

FIVE

6.00am Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.40** House (R) **12.35pm** Five News **12.40** Meals in Moments (R) **12.50** Police Interceptors: Special Edition (R) **1.45** Neighbours **2.15** Home and Away **2.50** I Own Britain's Best Home: Flying Visit (R) **3.05** FILM Love Finds a Home: *Family Western starring Sarah Jones.* **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7.00 Five News at 7

7.30 How Do They Do It?
Windscreen wipers.

8.00 Cowboy Builders
Nail-hammering antics

9.00 NCIS
A Marine is murdered in Baghdad. (R)

10.00 Law & Order: Criminal Intent
An adulterous couple vanish.

11.00 Law & Order
A woman's body is found in a river. (R)

11.55 Poker
SPORT The World Poker Tour event from the Palm Beach Casino in Mayfair, London.

12.55am SuperCasino
Fancy losing some money really quickly? Have a go at this then.

4.05 House Doctor (R) **4.30** Great Scientists (R) **4.55** Rough Guide To (R) **5.10** Michaela's Wild Challenge (R) **5.35-6.00am** Michaela's Wild Challenge (R)

REGIONAL VARIATIONS

BBC1 SCOTLAND: 7.30-8.00pm Grand Tours of Scotland **BBC1 NORTHERN IRELAND: 10.50pm** Festival Nights **11.20** Film 2010 with Claudia Winkleman **12.00m't-1.25am** FILM Taken in Broad Daylight: *Fact-based crime thriller starring Sara Canning and James Van Der Beek.* **BBC1 WALES: 7.30-8.00pm** Snowdonia 1890 **10.50** Ask Rhod Gilbert **11.30** Film 2010 with Claudia Winkleman **12.10am** FILM The Mosquito Coast: *Adventure drama starring Harrison Ford.* **2.05-2.25am** BBC News **BBC2 SCOTLAND: 11.00-11.20pm** Newsnight Scotland **1.05-3.55am** BBC News **BBC2 NORTHERN IRELAND: 11.20pm** Spotlight **11.50** Whites **12.20am** Harry & Paul **12.50-3.55am** BBC News **STV: 10.30-10.35pm** STV News and Weather **12.30am** Brain Box **1.00** The Jeremy Kyle Show **2.00-5.30am** The Nightshift **ULSTER: 10.30pm** UTV Live Tonight **11.05** SPORT UEFA Champions League: Extra Time **1.00-2.35am** Brain Box

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans (HD)
9.00 Football (HD) **10.00** Spanish Football **11.00** Football Asia
11.30 Football (HD)
12.30pm Spanish Football
1.30 A-League
2.00 Football (HD)
3.00 Golf
6.00 European Tour Weekly
6.30 FIFA Futbol Mundial
7.00 Sky Sports News at Seven (HD)
7.30 Soccer Special (HD)
10.00 You're on Sky Sports!
11.30 FIFA Futbol Mundial
12.00m't Total Rugby
12.30am Football (HD)
1.30 Transworld Sport
2.30 FIFA Futbol Mundial
3.00 Football (HD)
4.00 Transworld Sport **5.00** FIFA Futbol Mundial **5.30-6.00am** Total Rugby

sky SPORTS 2

6.00am Aerobics
6.30 Urban Ride
7.00 WWE: Vintage Collection
8.00 Golf
11.00 Golf
12.00noon Asian Tour Golf Show
12.30pm Urban Ride
1.00 Polocrosse
2.00 Polo
3.00 Poker (HD)
5.00 Watersports World
6.00 UEFA Champions League Pre-Game Show: *Get in the mood for the footy!* (HD)
7.30 LIVE Football: *Man United vs Bursaspor, kick-off 7.45pm.* (HD)
10.00 UEFA Champions League Goals (HD)
11.00 Transworld Sport
12.00m't Watersports World
1.00am Poker (HD)
3.00 Total Rugby
3.30-4.00am Powerboating

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

6.50pm How to Lose a Guy in 10 Days: *Romantic comedy starring Kate Hudson.* **9.00** The Magdalene Sisters: *Drama starring Geraldine McEwan.* **11.15** Lucky Number Slevin: *Crime thriller starring Josh Hartnett.* **1.20am** In America: *Drama starring Samantha Morton.* **3.20-3.30am** The Social Network Special

COMEDY CENTRAL (126)

7.00pm The King of Queens: *Double-bill.* **8.00** Scrubs **9.00** Two and a Half Men **10.00** The Office: An American Workplace **11.00** Sex and the City **12.10am** Two and a Half Men **1.10** South Park **2.10** Scrubs **3.10** Two and a Half Men **4.05** Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier

ESPN

6.45pm Press Pass **7.15** Kicks Extra **7.30** DTM **8.30** F3 **9.30** ESPN Game of the Week **10.00** 30 for 30 **11.00** UFC **12.00m't** Poker **1.00am** Press Pass 2010 **1.30** UFC **2.00** LIVE Ice Hockey **4.30-5.00am** Press Pass

DISCOVERY (520)

6.00pm Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** Dive to the Bottom of the World **10.00** Trawler Wars: *Documentary.* **11.00** 9/11: After the Towers Fell **12.00m't** Bear Grylls: Born Survivor **1.00am** Deadliest Catch **2.00** Industrial Revelations: *Birmingham.* **3.00**Weaponology **3.50** Treasure Quest **4.40** Days That Shook the World **5.30-6.00am** How Does That Work?

BBC3 (115)

7.00pm Don't Tell the Bride **8.00** Young Voters' Question Time Live **9.00** Mobo Awards 2010 **11.00** Family Guy **11.50** Lip Service **12.50am** One Non Blonde Down Under **1.20** Young Voters' Question Time **2.20** The Real Hustle Undercover **2.50** Lip Service **3.50** One Non Blonde Down Under **4.20-5.15am** Don't Tell the Bride

E4 (136)

7.00pm Hollyoaks **7.30** Friends **9.00** Ugly Betty **10.00** Desperate Housewives **11.00** FILM Me, Myself & Irene: *Comedy starring Jim Carrey.* **1.15am** RuPaul's Drag Race **2.10** Scrubs **2.55** Reno 911! **3.20** Scrubs **3.40** RuPaul's Drag Race **4.25** Switched **4.45** Accidentally on Purpose **5.05-6.00am** Switched

DAVE (111)

6.40pm Seaside Rescue **7.20** Everest ER **8.00** SPORT Red Bull X-Fighters 2010: *From Rome.* **9.00** Not Going Out **9.40** Peep Show **10.15** QI **10.55** Mock the Week **11.35** Not Going Out **12.15am** SPORT Red Bull X-Fighters 2010 **1.15** Pulling **1.50** Never Mind the Buzzcocks **2.25-3.00am** Whose Line Is It Anyway?

20 OCTOBER WEDNESDAY

sky1

6.00am The Biggest Loser US (R) **7.00** Brainiac: History Abuse (R) **8.00** Oops TV (R) **9.00** Zoo Vet at Large (R) **9.30** Zoo Vet at Large (R) **10.00** Bones (R)(HD) **11.00** Kim's Rude Awakening (R)(HD) **11.30** Babies at Risk (R) **12.00noon** The Biggest Loser US (R) **1.00pm** Project Runway (R) **2.00** Bones (R)(HD) **3.00** Stargate Atlantis (R)(HD) **4.00** Stargate Atlantis (R)(HD) **5.00** Malcolm in the Middle (R)(HD) **5.30** Futurama (R) **6.00** Oops TV (R) **6.30** The Simpsons (R)

7.00 The Simpsons

Bart joins forces with a new pupil at Springfield Elementary. (R)

7.30 The Middle

Mike gets a new job. (HD)

8.00 Prince William's Africa

Following a royal visit to Botswana for Tusk Trust's 20th anniversary. (HD)

9.00 Bones

NEW Cam tries to discover the identity of a boy. (HD)

10.00 Lie to Me

NEW Lie detector on legs Cal Lightman's back for a third series. Here, the team reunite to help Cam uncover the identity of a boy from his skeleton. Tim Roth stars. (HD)

11.00 The Mummy Returns

FILM In the unlikely event you missed this in 2001 when it came out, or Saturday when it was last on telly, here it is again. (HD)

1.30am Road Wars (R) **2.00** Street Wars **2.55** Oops TV (R) **3.25** Lost (R)(HD) **4.20** Tabatha's Salon Takeover (R) **5.10-6.00am** Smarter Than a 10 Year Old? (R)

MTV (350)

7.00pm Teen Mom **8.00** Celebrity Bites **8.30** MTV at the Movies **9.00** The Hard Times of RJ Berger **10.00** Jersey Shore **11.00** Scream Queens **12.00m't** South Park **1.00am** Fist Pumpin' Top 20 with Jersey Shore **2.00** South Park **3.00-6.00am** All the Hits

SYFY (129)

7.00pm Buffy the Vampire Slayer **8.00** Impact : *Disaster drama starring David James Elliott*. **11.40** Haven **12.40am** Haunted Homes **1.40** Thunderbirds **3.00** Mysterious Ways **4.00** Quantum Leap **5.00-6.00am** Smallville

FX (164)

7.00pm NCIS **9.00** American Dad! **10.00** Burn Notice: *Michael accepts a job offered by Strickler.* **11.00** Dexter **12.05am** Farscape **1.05** Babylon 5 **2.05** ReGenesis **3.05-4.05am** Water Rats

TODAY'S MUST-SEES

"Hey, check out my John Bishop impression!"

'ARRY VS RAFA!

Inter Milan vs Spurs

ITV1, 7:30pm

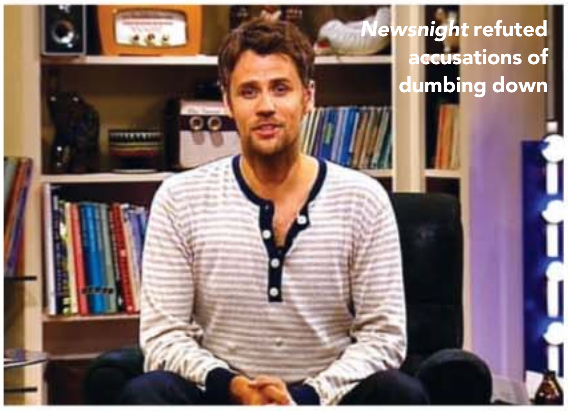
SPORT Reigning champions vs Champions League upstarts! The Italian giants, Inter Milan, now managed by former Liverpool boss Rafael Benitez host 'Arry Redknapp's Spurs, with both sides boasting identical records so far – each have a win and a draw from their opening two matches. Conventional wisdom suggests Tottenham will be happy with an away point at the San Siro, but knowing the attacking instincts of 'Arry, and the form of Gareth Bale, Peter Crouch and co, expect his boys to attack, attack, attack! ★★★★★

"Someone tell my tailor he's fired!"

The Apprentice

BBC1, 9pm

REALITY The teams are given a market stall from which they have to sell bakery goods before pitching their products to a high-class hotel, a restaurant and a coffee shop. One team *will* make a mess of things and someone *will* get fired! ★★★★★



Newsnight refuted accusations of dumbing down

Richard Bacon's Beer And Pizza Club

ITV4, 10pm

COMEDY A show where the most entertaining answers earn points, so even the dimmest celebs can win! Quick! Call Jack Tweed! ★★★

"Hello, is that Domino's?"

The Fourth Kind

Sky Movies Premiere/HD, 11.45pm

FILM Alaska-set thriller, supposedly based on real case studies, in which Milla Jovovich is a psychologist treating patients who believe they've been abducted by aliens. A few jumpy scares. ★★★

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PREVIEWS: FRANK TENNYSON, NICK WATKINS PHOTOS: GETTY

NutsTV

BBC ONE

6am

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer **11.00** Cowboy Trap **11.45** Cash in the Attic (R) **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Diagnosis Murder (R) **3.00** BBC News, Weather, Regional News **3.05** CBBC **5.15** Weakest Link (R) **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7pm

7.00 The One Show
Chat about recent stuff.

7.30 EastEnders
Tension rises between Ryan and Janine. What? Some people about to fall out? In this show? Never!

8.00 Watchdog
Dodgy businesses are exposed.

9.00 Have I Got News for You
With comedian Reginald D Hunter.

9.30 Reggie Perrin
Money becomes a growing concern for the Perrins with Nicola unemployed and Reggie still looking for a new career.

10.00 BBC News, Weather

10.35 Question Time
Political twaddle.

11.35 This Week
More from the world of politiczzzzzzz.

12.25am Sign Zone: Panorama
Vivian White reports on the care of elderly people with dementia. (R)

12.55 Countryfile
Reports from the middle of nowhere. (R)

1am

1.55 Antiques Roadshow: *Tat valuing.* (R) **2.55** The Big School Lottery (R) **3.55-6.00am** BBC News

BBC TWO

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.30** Animal Park (R) **12.00noon** Daily Politics **12.30pm** GMT with George Alagiah **1.00** Due South (R) **1.45** See Hear **2.15** Instant Restaurant (R) **3.00** Put Your Money Where Your Mouth Is **3.45** Flog It! **4.30** Pointless **5.15** Escape to the Country **6.00** Eggheads **6.30** Strictly Come Dancing – It Takes Two

7.00 The Culture Show
NEW Miranda Sawyer meets British rap musician Tinie Tempah during his UK tour.

8.00 Nigella Kitchen
Nigella rustles up a curry. Mmm!

8.30 Autumnwatch 2010
Critter-spying in Northern Ireland.

9.30 Autumnwatch Unsprung
Chat about the above show.

10.00 Never Mind the Buzzcocks
MUST-SEE New series of the ace comedy music quiz.

10.30 Newsnight

11.20 The Culture Show (R)

12.20am The Apprentice: You're Fired!
The latest candidate to be given the shove gets a final spell in the spotlight. (R)

1.05-3.55am BBC News: *Headlines.* **4.00-6.00am** BBC Learning Zone

ITV 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women: *With Michael Winner.* **1.30** ITV News **1.55** Regional News **2.00** 60 Minute Makeover **3.00** Dickinson's Real Deal **4.00** Midsomer Murders (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

7.00 Emmerdale
Schmemmerdale.

7.30 Wrong to Buy?: Tonight
Blather about house-buying.

8.00 Emmerdale
Nathan is kidnapped and locked away in a barn. We blame the goats.

8.30 Coronation Street
More dross in the drizzle.

9.00 Law & Order: UK
The team hunt a cyberstalker.

10.00 ITV News, Weather

10.35 Cops with Cameras
Following officers across the UK. (R)

11.35 Regional Programme

12.05am Grimefighters
Specialist clean-up teams. (R)

12.30 The Zone
Shopping and interactive gaming.

2.35 The Jeremy Kyle Show: *Chat show.* (R) **3.25** Wrong to Buy?: Tonight (R) **3.50-5.30am** ITV Nightscreen

4

6.15am Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond (R) **8.25** Frasier (R) **8.55** Friends (R) **9.25** Coach Trip (R) **12.00noon** Channel 4 News Summary **12.05pm** Designers Under Pressure (R) **12.15** A Place in the Sun: Home or Away (R) **1.15** PREMIERE McBride: Fallen Idol: *Mystery.* **2.55** Wogan's Perfect Recall **3.25** Countdown **4.10** Deal or No Deal: *Game show.* **5.00** Come Dine with Me **5.30** Jamie's 30 Minute Meals **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 News

7.55 4thought.tv

8.00 River Cottage Every Day
Hugh Fearnley-Whittingstall champions the importance of breakfast. If he's referring to a fry-up to combat a hangover, we couldn't agree more.

9.00 The Taking of Prince Harry
Docu presenting a hypothetical scenario in which Prince Harry is kidnapped while on military duty in Afghanistan.

10.30 True Blood
Brill vampire drama. Sookie embarks on a dangerous mission to locate Godric.

11.45 3 Minute Wonder: The Jarman Award (R)

11.50 Reaper
Sam leads the gang to a small town.

12.45am King of the Hill
Bobby becomes mixed up in racial intolerance at school.

1.10 King of the Hill **1.35** FILM Teenage Caveman **3.05** Drifting (R) **3.20** ER (R) **4.10** Unreported World (R) **4.35** Dispatches (R) **5.25-6.10am** Countdown

FIVE

6.00am Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.40** House (R) **12.35pm** Five News **12.40** Meals in Moments (R) **12.50** Police Interceptors: Special Edition (R) **1.45** Neighbours **2.15** Home and Away **2.50** Meals in Moments (R) **3.00** Haven (R) **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7.00 Five News at 7

7.30 UEFA Europa League Football
LIVE It's off to Eastlands for the Group A encounter between the absolutely minted Man City and Polish outfit Lech Poznan, who we suspect aren't. Kick-off 8.05pm.

10.10 The Glimmer Man
FILM Action thriller starring Steven Seagal and Keenen Ivory Wayans. A former CIA agent turned cop tries to track down a serial killer.

12.05am SuperCasino
Gambling gubbins.

4.05 House Doctor (R) **4.30** Great Scientists (R) **4.55** Rough Guide to Journeys: *Italy and Thailand.* (R) **5.10-6.00am** Michaela's Wild Challenge (R)

REGIONAL VARIATIONS

BBC1 NORTHERN IRELAND: 11.35pm Hearts and Minds **12.05-12.55am** This Week **BBC1 WALES: 11.35pm** Dragon's Eye **12.05-12.55** This Week **BBC2 SCOTLAND: 11.00-11.20pm** Newsnight Scotland **BBC2 NORTHERN IRELAND: 7.00pm** In Your Corner **7.30** Hearts and Minds **10.00** NEW Blas Ceoil **11.20** NEW Never Mind the Buzzcocks **11.50** NEW The Culture Show **12.50-1.05am** The Apprentice: You're Fired! **BBC2 WALES: 7.00pm** Dragon's Eye **7.30-8.00pm** Wales Yesterday **STV: 9.00pm** Underbelly: A Tale of Two Cities **10.30** STV News and Weather **10.40** Being Victor **11.10** Greatest Cities of the World with Griff Rhys Jones **12.05am** Brain Box **1.00** The Jeremy Kyle Show **2.00-5.30am** The Nightshift **ULSTER: 7.30pm** The Seven Thirty Show **10.30** UTV Live Tonight **11.05** Wrong to Buy?: Tonight **11.30** SPORT RPM Motorsport **12.00m't** Brain Box **2.30am** FILM Be Cool: *Comedy sequel.* **4.30-5.30am** ITV Nightscreen **ITV1 WALES: 7.30pm** Wales This Week

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans (HD) **9.00** Football (HD) **10.00** FIFA Futbol Mundial **10.30** Total Rugby **11.00** Transworld Sport **12.00noon** Football (HD) **1.00pm** FIFA Futbol Mundial **1.30** Total Rugby **2.00** Football (HD) **3.00** FIFA Futbol Mundial **3.30** Powerboating
4.00 Total Rugby
4.30 FIFA Futbol Mundial
5.00 Transworld Sport
6.00 Football (HD)
7.00 Sky Sports News at Seven (HD)
7.30 Premier League World (HD)
8.00 The Rugby Club (HD)
9.00 Ringside (HD) **10.00** Time of Our Lives **11.00** The Rugby Club (HD) **12.00m't** Ringside (HD) **1.00am** Premier League World (HD) **1.30** Time of Our Lives **2.30** The Rugby Club (HD) **3.30** Ringside (HD) **4.30** Premier League World (HD) **5.00-6.00am** The Rugby Club (HD)

sky SPORTS 2

6.00am Aerobics
6.30 Urban Ride
7.00 WWE: Experience (HD)
8.00 European Tour Weekly
8.30 Golf
11.00 Aerobics
11.30 Racing News
12.00noon Watersports World
1.00pm Kilomathon Scotland (HD)
1.30 Powerboating
2.00 Watersports World
3.00 Transworld Sport
4.00 Show Jumping
5.00 WWE: Vintage Collection
6.00 Race World
7.00 ATP Tour Uncovered
7.30 LIVE Snooker: *Round six from the Spiceball Leisure Centre in Banbury.*
11.00 WWE: Late Night – Raw (HD)
1.00am WWE: NXT (HD)
2.00-5.30am Snooker

ESPN

6.00pm LIVE Football **10.00** Goal! **10.30** Premier League World **11.00** MMA Live **11.45** UEFA Europa League Highlights **1.45am** Press Pass 2010 **2.15** MMA Live **3.00-5.30am** LIVE NHL Ice Hockey

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FILM4 (315)

6.50pm The Family Stone: *Comedy drama.* **8.50** The Social Network Special **9.00** The Insider: *Fact-based drama.* **12.05am** Dance with a Stranger: *Fact-based drama.* **2.00-4.00am** The Hole

COMEDY CENTRAL (126)

7.00pm The King of Queens **8.00** Scrubs **9.00** Two and a Half Men **10.00** South Park **11.00** Sex and the City **12.15am** Two and a Half Men **1.15** South Park **2.15** Rules of Engagement **3.15** Scrubs **4.10** Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier

DISCOVERY (520)

6.00pm Mythbusters **8.00** How Do They Do It?: *Repairing cables on the sea floor.* **8.30** How It's Made **9.00** I Shouldn't Be Alive **10.00** Deadliest Catch **11.00** Greatest Tank Battles **12.00m't** Bear Grylls: Born Survivor **1.00am** Deadliest Catch **2.00** Industrial Revelations **3.00** Weaponology **3.50** Treasure Quest **4.40** Days That Shook the World **5.30-6.00am** How Does That Work?

BBC3 (115)

7.00pm Top Gear: *With Guy Ritchie.* **8.00** Are You Fitter Than a Pensioner? **9.00** Little Britain Abroad **10.00** EastEnders **10.30** Russell Howard's Good News **11.05** Family Guy **11.55** Are You Fitter Than a Pensioner? **12.55am** Little Britain Abroad **1.55** Russell Howard's Good News **2.25** The World's Strictest Parents **3.25** The Real Hustle: High Stakes **3.55-4.55am** Lip Service

E4 (136)

7.00pm Hollyoaks **7.30** Friends **9.00** The Big Bang Theory: *Leonard's mother pays a visit.* **9.30** How I Met Your Mother **10.00** PhoneShop **10.35** The Inbetweeners: *It's the last one! Boo!* **11.05** School of Comedy **11.40** Misfits **12.45am** Scrubs **1.35** Glee **2.20** Misfits **3.15** What About Brian **3.55** Switched **4.15** Accidentally on Purpose **4.40-6.00am** Switched

DAVE (111)

7.00pm Louis Theroux's Weird Weekends: *America's body-building subculture.* **8.00** Top Gear **9.00** Mock the Week **9.40** QI **11.00** Dave's One Night Stand **12.00m't** Mock the Week **12.40am** QI **1.55** Chandon Pictures **2.20-3.00am** Never Mind the Buzzcocks

MTV (350)

7.00pm Teen Mom **8.00** Randy Jackson's America's Best Dance Crew

6.00am The Biggest Loser US (R) **7.00** Brainiac: History Abuse (R) **8.00** Oops TV (R) **9.00** Zoo Vet at Large (R) **9.30** Zoo Vet at Large (R) **10.00** Bones (R)(HD) **11.00** Kim's Rude Awakening (R)(HD) **11.30** Medical Emergency (R) **12.00noon** The Biggest Loser US **1.00pm** Project Runway (R) **2.00** Bones (R)(HD) **3.00** Stargate Atlantis (R)(HD) **4.00** Stargate Atlantis (R)(HD) **5.00** Malcolm in the Middle: *Comedy.* (R)(HD) **5.30** Futurama (R) **6.00** Oops TV (R) **6.30** The Simpsons (R)

7.00 **The Middle** (HD)

7.30 **The Simpsons**
Lisa signs up to coach Bart's little league team to help her application for Ivy League colleges. (HD)

8.00 **Modern Family**
Claire and Mitchell agree to be brutally honest with each other's partners. (HD)

8.30 **The Simpsons** (R)

9.00 **An Idiot Abroad**
MUST-SEE This week, the hilarious Karl Pilkington is distinctly underwhelmed by the pyramids in Egypt. Ace! (HD)

10.00 **A League of Their Own**
MUST-SEE With Rob Brydon and Jessica Ennis. (HD)

10.30 **A League of Their Own**
MUST-SEE With comic Jack Whitehall. (R)(HD)

11.00 **NCIS: Los Angeles**
A Marine is found murdered. (R)(HD)

12.00m't **Deadly Suspicion**
FILM Psychological thriller starring Marilu Henner. (HD)

1.40 Road Wars (R) **2.10** Oops TV (R) **2.40** Oops TV (R) **3.10** Brainiac **3.20** Lost (R)(HD) **4.20** Salon Takeover (R) **5.10-6.00am** Smarter Than a 10 Year Old? (R)

10.35 Sharp End **11.05** The Wales Show **11.35-12.05am** Wrong to Buy?: Tonight

9.00 Jersey Shore **10.00** The Hard Times of RJ Berger **11.00** Scream Queens **12.00m't** South Park **1.00am** 20 Greatest Celeb Reality Fights **2.00** South Park **3.00-6.00am** All the Hits

SYFY (129)
7.00pm Buffy the Vampire Slayer **8.00** Fact or Faked: Paranormal Files **9.00** Warehouse 13 **10.00** Haven **11.00** A Town Called Eureka **12.00m't** **FILM** Transmorphers: Fall of Man: *Sci-fi action thriller starring Bruce Boxleitner and Jennifer Rubin.* **1.40am** Thunderbirds **3.00** Mysterious Ways **4.00** Quantum Leap **5.00-6.00am** Smallville

FX (164)
7.00pm NCIS **9.00** Family Guy: *Double-bill of the ace series.* **10.00** American Dad! **11.00** Better Off Ted **12.00m't** Farscape **1.00am** Babylon 5 **2.00** ReGenesis **3.00-4.00am** Water Rats

TODAY'S MUST-SEES

KARL'S CAMELS!

"I've got the right hump with you"

An Idiot Abroad

Sky1/HD 9pm

COMEDY For most of us, a free trip around the world would be the best thing ever. For round-headed buffoon (Ricky Gervais' words, not ours!) Karl Pilkington, it's an endless nightmare! Camel rides, a cruise down the crocodile-infested River Nile, and of course, the majestic pyramids do nothing to impress the thoughtful Mancunian. "I'm not blown away. It's just a building site. I'm tempted to ask for a hard hat," says Karl when confronted with one of the most incredible scenes on Earth. And that's why we love him! ★★★★★

"I've matched my top with the wall"

Nikita

Living, 9pm

DRAMA Nikita (Maggie Q) is still on her mission to take down the corrupt Division agency and, with a journo's help, tries to track down a student who has incriminating video footage. Will they get to the stude before Division do? ★★★★

"I could look at Maggie Q all day"

A League Of Their Own

Sky1/HD, 10pm

COMEDY A double-bill of sport, comedy and, most importantly, Georgie Thompson. James Corden puts the questions to Jack Whitehall, Michael Owen, Jessica Ennis and Rob Brydon. ★★★★

"Fatty!"
"Big ears!"

Never Mind The Buzzcocks

BBC2, 10pm

COMEDY A brand-new series, with cover version king Mark Ronson hosting this, the first episode. Saturdays hottie Mollie King and rapper Tinie Tempah join Fielding and Jupitus. ★★★★

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379568

Hot Brunette Loves It!
379700

Rude Brunette Shows Hot Rear
378703

Rosie Jones & Friends Naked
378202

Danielle Lloyds Hot Roleplay
374537

Horny Blondes Kitchen Romp
378701

Naughty Hot Brunette Strips
373515

Michelle B Gets Very Frisky!
375659

Saucy Rear In The Bedroom
373513

Office Girl After Hours!
370578

Kayleigh Pearson!
379903

Frisky Maid Shows You Everything!
377661

Biker Chicks Huge Assets!
372955

Lucy Pinder And Lindsay Strutts Romp	371682	Stealing My Mates Girl	376873
Too Rude Too Describe	373512	Older Babe Teases Me So Much	375924
18 Yr Olds First Uncensored Home Movie	372177	My Girls Best Mate Got Naked For Me	379118
Mates Mum Unleashes Her Massive Boobs	371623	Caught Sexy Neighbour Seducing My Girlfriend	373642
My Naughty Girlfriend Got It On With My Bro	376509	Spread On Her Back	374778
Big Boobs Babe Shower Horny Play Vid	376412	19 Year Old Frisky Tease	370835
Danielle Lloyd Naked	371238	Student Nurse Lets Me Film Her	374393
Busty Blonde Frisky Play & Tease	379082	First Time On Camera	370504
Rosie Jones And Friends Get Frisky For You	379659	Sophie Howard Exposed	374785
2 Students Get It On	376875	Best Mates Take It Further	370961
Uncensored Girls Home Movie	376146	Sexy Brunette Caught With My Ex	374465
Seduced By Uni Girls	372092	Naughty Nurses Huge Jugs Get Fondled	377295
Home Alone Housewife Plays On Cam	376156	Lucy Pinder Close Up	376403
My Dads Secretary Likes To Get Naked For Me	379868	Jana In The Bedroom	374777
I Caught My Ex With My New Girl	371633	My Girl And My Ex	376874
Hot Neighbour Lets Me Film Her	373865	Caught My Sisters Mate Playing Outside	376387
Snatch A Peek	370672	Mates Sistergetting Naked	378624
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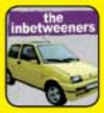

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All personas 18+

Meg, Lancashire. Get my hot pix AND VIDEOS ...Text MEG to 68889

Liz, 20s Hants/Uk Get my hot pix AND HOT VIDEOS ...text LIZ to 68889

Daze, anywhere UK Get my hot pix..and HOT VIDEOS .text DAZE to 68889

Jule, Uk (40) Hot single woman (40) wants to be contacted by guys 18-35 for fun easy times. Get my hot pix...and HOT VIDEOS Text JULE to 68889

Messages sent in 25p. Messages received only £1.50. Maximum 4 messages per reply.

Milf, 40s North England Fun loving naughty women with photos Get my hot pix...text KISSY to 68889

Nat (19) MIDLANDS/UK Text me anytime & Get my pix...and HOT VIDEOS xxx Text NAT to 68889

Mell,Belfast NI (18) Single and fun loving Looking to hook up soon! Get my hot pix...text MELL to 68889

Beth, North East (38) Lets have some fun Get my hot pix...text BETH38 to 68889

Katherine, WALES Can't wait to send you my sexy photos. text anytime 24/7 Get my hot pix ...text KATHERINE to 68889

Janie, SOUTH (41) Get my hot pix...text JANIE TO 68889

Rita, Wales/Uk (45) Easy going, fun loving, ask me for my really hot pics! Get my hot pix ...text RITA45 to 68889

Polly, 44 UK. Experienced woman wants fun! Especially with guy 18-30! Get my hot pix...text POLLY to 68889

Tara,Uk 47 Get my pix... text TARA47 to 68889

ESSEX (34) Get my pix... text DI to 68889

WANT FUN NOW? Hook up with hot easy personas FAST! This is a discrete, easy service text - NOW to 68889

Saucy, 34 Kent/Sussex Get my hot pix...text SAUCY to 68889

18+ ONLY

POSTCODE MATCH!

See who replies to *your* postcode....

To be matched to a woman (with HOT photos & maybe HOT videos Text- NUTS followed by your postcode to 68889 (for example NUTS NE344NB)

Text NUTS followed by your postcode to 68889 and get in on the action! Hook up via your mobile

Text SWAP anytime to swap to a different hot woman

25p per message sent in. £1.50 per received text.

Kat, London. 18 years old! Get my hot pix... text KAT to 68889

18, SCOT. Get my pix... text JEWEL to 68889

Kitty,18 Lancs. Get my pix... text KITTY to 68889

Lily, UK (40) Wants to hear from a younger guy. Text me anytime - 24/7 guys! Get my hot pix...and VERY HOT VIDEOS! text LILY to 68889

Ami,20 GLOUCS. Get my hot pix and HOT videos ...text AMI to 68889

Lee, 20 Leeds Get my hot pix...and VIDEOS text LEE to 68889

Ker, Kent/London Get my hot pix..and VIDEOS text KER to 68889

ANNE, 40s YORKS Get my hot pix...and VIDEOS text ANNE to 68889

Amb UK Get my hot pix...AND VIDEOS text AMB to 68889

TO SWAP TO A DIFFERENT PERSONA TEXT SWAP TO 68889 AT ANYTIME.

Lib NORTH WEST (21) Get my hot pix... and HOT VIDEOS too text LIB to 68889

Nici, LANCS 38 and HOT! Get my hot pix...text NICI to 68889

Leah, London/Uk (19) Get my hot pix... and HOT VIDEOS too text LEAH to 68889

Tani South West/Uk (43) Get my hot pix...text TANI to 68889

As Seen on TV

HOOK UP NOW - VIA YOUR MOBILE

Carly, 18 UK Get my hot pix...and HOT videos text CARLY to 68889

Kyli 20, SUSSEX Get my hot pix and VIDEOS ...text KYLI to 68889

Beverly Mids/Uk (3os) Saucy older woman wants to hear from younger guy 18+. Easy going, Fun loving kind single woman 35 - hopes age doesnt put you off! Get my hot pix...and hot videos text BEVERLY to 68889

UK ANYWHERE Lets hook up Get my hot pix... text HWILKIE to 68889

Naughty, South West Hot fun girl looking for flirts! Get my hot pix...and hot vids text NAUGHTY to 68889

Strictly 18+. 25p for all sms text messages sent to 68889 & £1.50 per received sms text from 68889 (maximum 4 billed messages per reply) Photos/videos sent in/received charged at 2 billed messages at £1.50 each (£3 in total). You must check your mobile is able to send/receive videos or photos. Contact your network for possible network charges. Real people replying NOT a computer. You may receive some automated messages for billing purposes. Some free messages may be sent to users. You need a wap enabled phone to be able to receive photos and videos. Text chat & photos only. You must be the bill payer or have the bill payer's permission. Messages received may appear on your bill. No meeting made or implied. Photos are for display purposes and not to be reproduced. For fantasy entertainment only, areas/details to aid this. Virtual service Terms and conditions @ www.ukeasyaction.com. please read the full virtual terms and conditions fully. B Media 331, 77 Beak Street, Soho, London W1F 6DB. HELP? 08458388647 To swap to a different persona text SWAP to 68889 at anytime. Please ensure you have credit in your phone if you are a PAYG user. We reserve the right to bar users if they are under 18. 18+ SERVICE only. To stop the service text STOP to 68889 at any time.

GET LIVE & SEXY WITH NAUGHTY GIRLS AT HOME

MATURE LADIES

Hot mature Ladies know how to get sexy with you! They're always willing to please new callers xxx

0909 897 2053

SWEET 18'S +

45P PER MINUTE

So very adventurous & fit bodies wanting men of all ages for adventure, fun and thrills xxx xxx xxx xxx

0908 145 2545

SEXY GIRLS

45P PER MINUTE

Ask what you really want and we will do everything you like. You'll come back for more! xxx

0908 145 0576

SEXY & MATURE OPEN ALL HOURS

Experienced Ladies - do you need it hard & fast? Well just call these tasty oldies - best get off in the UK!

0909 897 9111

40+ YEAR OLD SHARON

Ladies at home that are mature in so many special ways. Chat now to mature women xxx

0909 897 9416

GIRLFRIENDS JUST FOR YOU

45P PER MINUTE

Sexy babes at home desperate to be your girlfriend & to please you in everyway possible.

0908 145 0581

MATURE WOMAN CRAVES ATTENTION

We just know how to get you off as fast as you want. Superfast, mind-blowing satisfaction from very experienced fit ladies xxx

0909 897 0888

GIRLS AT HOME

45P PER MINUTE

Live flirty chat Single girls who do all the work. Total pure sexy 1on1 xxx

0908 145 0580

ON THE PULL

The baddest girls in town who just adore horny guys looking for a quick fix and some adult relief at anytime xxx xxx

45P PER MINUTE

0908 145 0575

GORGEOUS SINGLES

Casual singles seriously up for it with as many guys as you can believe. 30 secs to serious heaven when you just need to get off

0909 897 9412

SUPERFAST RELIEF!

For a super fast sexy relief that is mind blowing, just give us a call. Girls giving live sexy 121!

0909 897 9442

JUST 18+

18+ hot, alone & ready to excite! Really naughty girls behaving badly live just for your pleasure. Call now talk to girls live xxx

0909 897 2038

FAST RELIEF

45P PER MINUTE

Get ready to enjoy yourself. Cheap get off with lovely sexy girls desperate to relieve you and their own urges xxx

0908 145 0579

COLLEGE GIRLS 18+

45P PER MINUTE

Looking for horny guys to fill their recreation time! Eager and willing to please, all guys needed urgently for the ultimate get off today x

0908 145 0582

I'LL BLOW YOUR MIND

45P PER MINUTE

Fun thrills that'll blow your mind! If you want it live call now for the ultimate relief xxx

0908 145 2543

VERY BROAD MINDED

Live sexy girls over 18 who do not mess around and get straight down to action! serious xxx

0909 897 9333

HAVE FUN & RELAX

45P PER MINUTE

Up close and personal - lovely girls at home just eager to go live with you 1 on 1! x

0908 145 2542

BEAUTIFUL LADIES

Lovely larger ladies who just want to give pleasure. 100% private and offering a real sexy adult time

0909 897 9405

HUNGRY HOUSEWIVES

Just hungry for a wicked time. These gorgeous ladies just looking for an erotic time. 100% totally sexy stimulation xxx

0909 897 9447

SEXY GIRLS AT HOME

45P PER MINUTE

Beautiful funny intelligent sexy girls with lots of energy that needs to be used now x

0908 145 2544

VERY HOT LADIES

Girls that are at home that want any guys any age to totally satisfy. Horny sexy 121 x

0909 897 0612

DIVORCED & SEXY

45P PER MINUTE

Very bad women who will do all you ask anytime. Various horny partners needed urgently xxx

0908 145 0577

HOT & SEXY

45P PER MINUTE

When you just cannot wait and need a real fast quickie session. Call now for relief

0908 145 0578

SEXY TEXT WITH LOCAL GIRLS - JUST TEXT 'EASY' TO 69469

FOR CASUAL SEXY DATING VISIT www.DATES-4U.co.uk

0908 145 Calls cost 45p per minute + network extras. 0909 897 Calls cost 60p per minute + network extras. Calls recorded. SMS cost £1.50 each to receive + standard network charges apply. To stop just text 'STOP' to 69469.
Mobile users may receive free promotional messages. Callers must be 18+ only to use this service. LiveLines Ltd PO6538 NN2 7YN. Helpline 0844 871 4497.

Nuts PUB AMMO

A pint of trivia and a packet of crisps, please!

"Oh no, the French butchers are here!"

The golden poison frog of Colombia gets its venom by eating an as-yet-unidentified beetle, which scientists believe to be the most poisonous living thing on Earth.

Because of the presence of nickel in iPods, it's possible for a person to be allergic to them.

"Yes! I'm joining the Taliban!"

There are five different countries across two continents with the word "Guinea" in their name.

There's a death metal band from Baltimore, USA, called Hatebeak, whose lead singer, Waldo, is a parrot.

Thinking about sex a lot will make a man's beard grow faster.

"Stop sticking your beak in"

In 2006, a Washington man was bitten and poisoned by the decapitated head of a rattlesnake that he'd just killed with a shovel.

The golf term birdie originated in late-19th century USA, where the word "bird" was a slang phrase to describe anything good.

In 1985, the billionaire Forbes family paid $156,000 for a bottle of wine. They then displayed the bottle under strong lights at an angle, rendering it worthless.

"Me and the wife love a bit of swinging"

King John I of France became king on the day of his birth, 15 November 1316, ruled for five days, and then died on the 20th.

No team in the Premier League has ever been relegated after scoring more than six points from their first four games. After four games this season, Blackpool had seven points.

"Arachibutyrophobia" is the fear of peanut butter sticking to the top of your mouth.

PUB AMMO ON... STEVE CARELL

"Where to?" "Baaarnsley"

He'd regret standing in the road

- Carell originally wanted to be a lawyer, but when asked, "Why do you want to be a lawyer?" on an application form, he couldn't think of a reason.
- When he was at school, he was an ice hockey goalkeeper.
- Carell failed an audition to appear on the British TV improvisational comedy show *Whose Line Is It Anyway?*
- Guest voices in Carell's new animated film, *Despicable Me*, include the likes of Russell Brand and Jemaine "*Flight Of The Conchords*" Clement.
- *Despicable Me* is at UK cinemas from Friday.

"Just cook me, Gordon"

WORDS: PETE CASHMORE
PHOTOS: REX, ALLSTAR, BACKPAGE IMAGES, ALAMY

RIGHT GUARD
NEW
RIGHT GUARD
XTREME SILVER
NEW
ANTIBACTERIAL deo protection with silver molecules
Fresh Blast
Extra strong protection 48h against body odour
High performance Anti-Perspirant
NEW
RIGHT GUARD
XTREME FRESH
SHOWER GEL
Fresh Blast
THE ULTIMATE FRESHNESS EXPERIENCE
INVIGORATING FRESH FRAGRANCE

Xtreme Protection Xtreme Freshness

Anti-perspirant *with anti-bacterial silver molecules, fights body odour at its source for 48 hours.*

Shower gel*, washes away odour causing bacteria.*

START YOUR DAY RIGHT!

"The podium"
Jenson Button
head& shoulders
classic clean
head& shoulders
classic clean

head& shoulders
making heads happier

Whatever's on Jenson's mind, with the world's number one anti-dandruff shampoo* it's not dandruff.

*Euromonitor Shampoo Shares 2009.